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THIS MONTH'S
INSTRUCTIONAL

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HOW TO MAKE
CONTACT IN THE
RIGHT PLACES

THE FINE
WORLD OF
CRAFT BEERS
TIME TO DEVELOP
SOME TASTE

ARIANNY CELESTE

ROUND



THE RETURN OF
ACID WASH JEANS!
MAP OF THE INTERNET
BOARD GAMES
& BOOZE

AN FHM EXCLUSIVE!

PLAY
OR
DIE

INSIDE THE LIVES
OF PINOY PRO GAMERS

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STRIKESERIES

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CASUAL LUXURY

GAZON

For Autumn / Winter 2015 Lacoste has referenced its tennis roots without resorting to literal recreations, reflecting the brand's dedication to respecting its past while looking firmly to the future. The footwear collection is underpinned by the idea that 'Life is a Beautiful Sport', a concept that seamlessly brings Lacoste's sophisticated blend of performance and elegance to the everyday.

Introducing the Casual Luxury pack this season, Lacoste has focused on delivering the perfect combination of luxury and understatement and created minimalistic silhouettes in premium materials. Included in this pack is the Gazon: a slip-on executed in smooth, silky nappa leather in on-trend monochrome colourways. Subtle detailing remains true to Lacoste's design ethos through tonal binding, a hidden elastic for enhanced comfort and subtle embossed crocodile branding on the quarter.

So if you're looking for something to enhance your wardrobe and take you seamlessly into autumn, slip into a pair of Gazons from Lacoste's latest collection.

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GAZON 8



CASUAL REFINEMENT

MILLARD LACE

Lacoste sweeps into the Autumn / Winter 2015 season referencing its heritage through on-trend and practical footwear designs. Carefully crafted in high quality materials, this season's men's collection is underpinned by the idea that 'Life is a Beautiful Sport', a concept that seamlessly brings Lacoste's sophisticated blend of performance and elegance to the everyday.

The Casual Refinement pack, featuring the Millard Lace, brings carefully considered design together with premium materials to create a contemporary take on the classic Derby silhouette. Pared-back, minimalist styling combined with a wedge sole offers comfort without compromising aesthetic.

The Millard Lace features sleek design lines in soft premium leather executed in black, dark brown and tan. The seasonal colour palette is complemented by heavy stitching, tonal cotton laces and a subtle leather branding tab on the collar. A raw cut finish on the leather provides a crafted look, reinforcing the refined casual aesthetic that is right on trend this season.

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MILLARD LACE



INSPIRING



20



ENGAGING



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PHOTOGRAPHY: XANDER ANGELES, MARK JESALVA, JEEB BALDONADO; ILLUSTRATION: LOUIS ARENAS

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Everyone's favorite UFC Octagon Girl makes us submit the second time around.



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Sneaky tactics guaranteed to shut the missus up. Hey, if you could finish off the argument early, right?

60 BAYBAYIN ONLY, PLEASE

This is how the world would be like if we made use of the ancient Philippine form of writing to full effect.



64 E-SPORTS: THE NEW HOPE?

Somewhere in the deepest, darkest corners of your neighborhood internet café, a *Defense of the Ancients* junkie could be holding the key to international gaming superstardom. *FHM* hangs out with a few guys who got close enough to snagging the top spot worldwide.

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They're hoppier, fuller to the taste, and a real thrill to find. Welcome to the wonderful world of craft beers.

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Will his sick dancefloor moves and rep as a ladies' man translate to acing The Man Test? There's actually only one way to find out.

76 ERICA NAGASHIMA

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If you can spell her name correctly...you cheated!



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Does your get-up scream "rakenrol to the world" or "hukbong sandatahan"?

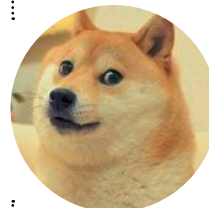
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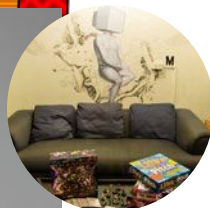
FHM seeks expert help in mixing your next-level drink of choice.

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Both cost P3 million, for starters.

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Where all your "toingz!" moments are honored.



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THE TEAM: WHAT *FHM*ers HAVE BEEN UP TO THIS MONTH



The team huddles around the insane physical specimen that is our cover girl, Arianny Celeste. Fun fact: the rooftop pool area of Solaire wasn't closed off or anything for her shoot—the guests up there that day must've all felt like they hit the jackpot!



Resident videoke queen Pong chills out in a cozy jeepney. Somewhere in the background we hear, "Naaalala ko ang mga gabing nakahiga sa ilalim ng kalawakan..."



The first-ever *FHM* BroCon was a great success; these very grateful bros would like you attendees to do them a solid and come back next year, all right? All 5,000-plus of you!



Bike besties JL and Allan H. went on yet another epic trek. They have even started dressing the same.



Assistant style editor Ash asked the fellow football-playing bros of *FHM* to stand in as models along with him. But as you can see, no one else plays the sport. BALL IS LIFE

At the annual *FHM* planning/ team building, all four *FHM* ladies ended up on the same team for this weird log-walking challenge. Their team won because the combined waistlines of the men on the right were a bit too much to handle.



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Babe expert

After two months, I will finally send another letter to *FHM*. I wasn't surprised that Maria Ozawa was on your cover, but I was very surprised when my first letter was included in that issue. That's probably why I attended the Maria Ozawa autograph signing at Resorts World, my first *FHM* event. The *FHM* BroCon was really a dream come true for me. To see the homegrown babes in person was amazing, but it was disappointing that Nicole Alexandria, Aica Sy, Yuri Choi, and Tricia Santos weren't there. However, Divine Smith, Kookai Sarmiento, China Rocas, Alex Moreno, and Lhea Bernardino were enough to complete my day at the BroCon. Thumbs up for Myrtle Sarrosa, Army Ross, and Valeen Montenegro! Thanks and more power *FHM*. *Sa uulitin, sana sa VIP na ng 100 Sexiest—kahit medyo katog na 'tong tuhod ko!*

PS: Special thanks to Engellheart Jarilla and Mike Dee for this picture also to Sir Aeus Reyes and Sir Anton Umali. #WorthIt **Jigz Padillo, by email**

Some dude love

The ex-PBB *Unlimited* Housemate Top 5, tattoo designer, artist, DJ, *FHM* columnist and model was at the BroCon! Thanks for the very sweet smile DJ Divine @divine_msmith. "The Darling Dude *ng*



PHOTOGRAPHY: MARK JESALVA

Cebu (PBB)" and "Greyg Dude *ng* Batangas" in one picture! #FHMBroCon #FHM100Sexiest2015 #RRJxFHMBroCon #RRJ **greygdude, via Instagram**

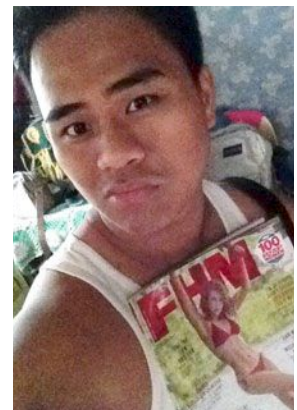


For the future doctor

I've been an avid fan of the magazine for nine years already (this coming November). I started collecting November 2006; the issue with Karel Marquez on the cover. I wrote this letter in hopes that it will be featured this August (perfect gift for my 21st birthday this August 1st) and to let you all know that the first BroCon was the first big event of *FHM* I've ever attended. It was truly one of the most epic, sexiest, and amazing nights of my life. I had a blast watching

the bands, having fun at the booths, and of course meeting the girls. Thanks for an awesome experience! It's indeed great to be a man! I'll find time to read the next issue cover to cover despite the fact that I'll face tons of handouts and thick heavy books in Med School starting this August. Shoutout to my co-collectors (Adrian, AJ, Borz, Dhrex, Jay El, and all the members of the group)! Long live. Rock on. Thank you, *FHM*!

Ralph Sanches, via Facebook Fan Page



For research

Hi! BroCon was fun! May I know the name of the girl on the right? I wasn't able to ask her.

Mhicko Morino, via Facebook Fan Page



Editor in the making!

Even before you revealed your July cover, I knew it was Valeen since I stalked her on Instagram. How about a free magazine as a prize? Ha ha! I also spotted some errors in your 100 Sexiest list! You guys labeled Kylie and Jasmine as new entries but they've been on your list before. Also Lovi Poe was 15th last year, not 37. And Jennilyn has been on it 12 years! You forgot that she was number 6 in 2006! #FHMValeenHotDamn **Jay Andres, by email**



Lunch date with my babe

Just me enjoying my lunch with the legendary Maria Ozawa. You guys at *FHM* always come through. Producing the best issues ever for the readers and making our wildest dreams come true, like what you guys did for the June 2015 cover **Janjan Holganza, by email**



Photo-op remembrance

Thanks, *FHM*! I saw my ultimate idol in your event last month. I hope that you post this in your next issue as my remembrance of the first-ever *FHM* BroCon.

Dan Gon, via Facebook Fan Page



Mission accomplished

I just wanted to send this picture as proof of our accomplishment. Last year we made it a goal to get VIP tickets for this year's 100 Sexiest Victory Party. Thankfully, the gods smiled upon my barkada, Team TeTI (Teamtickets), and we got the tickets! Hope you feature our message!

Dominique Silla, via Facebook Fan Page



Nice view, sir!

Probably the biggest star that I met as of 7/11/15 hot damn! I still can't believe I had the chance of meeting her, Maria Ozawa IS Maria Ozawa! *Pangalan pa lang niya, may Libog na.* Thanks #RRJ for inviting her #FHMBroCon #FHM100Sexiest #FHM100Sexiest2015 #FHMPhil #FHMPhilippines #MariaOzawa **javowokey, via Instagram**

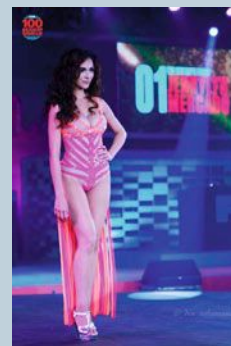
Surprise honey!

Hello *FHM* and *FHM* readers. This is my beautiful and hot wife. I just want to show her how proud I am to be her husband. I hope you can publish this picture as my surprise to her. Thank you and best regards!

Julius, by email



GALLERY



All hail the hot mama! Be inspired! Congratulations, Jennylyn!

Dex Tabasares, via Facebook Fan Page



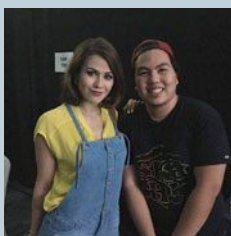
Best backstage band food ever! Normally, we don't have this option. Thanks *FHM*! #FHMBroCon

Yael Yuzon, via Instagram



Certificate of Achievement. Academic Quiz Bee CHAMPION. Thanks, @valeentawak for the inspiration!

#fhmvaleenhotdamn **Cortezjaye, via Instagram**



With my newfound crush! The beautiful Vaele Montenegro! Nakakabighani ang kanyang kagandahan! #FHM100Sexiest #minion **bryaningacio, via Instagram**

STARTER

~~~~~  
**WISDOM YOU  
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WITHOUT**

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# RADICAL NEW ROMANTIC

Erica Ocampo makes us want to fall in love again

**E**rica is an artsy romantic. As a film school graduate, she has a ton of experience directing, shooting, producing, and even acting in films. Talents that manifest itself in how comfortable she was during our entire shoot, or how captivated we were by her signature stare—first showcased in her hit music video, “Like a G6” (in case you forgot).

Those eyes will definitely keep you curious about the other talents this girl has.

**So what brings you here to Manila? You're a long way from California.**

I'm out here because I'm trying to get a producer for a movie I wrote. It's called *Maganda*—it's an action film.

**Maganda? Like beautiful?**

Yeah! It's set in the Philippines. I want to showcase the Filipino culture. It's about a father who teaches her daughters how to fight and take care of themselves. I'm actually starring in it as one of the daughters, ha ha!

**You pretty much have the maganda characteristic all covered. But how much about the Philippines do you know?**

I'm half-Filipino, half-French—my father's from Pampanga. My grandmother raised me and she is also Filipino. I grew up with the culture all around me. But as for the language, I know, uhm, *konti lang*, ha ha!

**What would you say is your most Filipino trait?**

I used to always be on Filipino time. But I'm working on it! I wasn't late for the shoot was I? Ha ha!

**Do you like watching Filipino comedy?**

*English Only Please* was very cute. I've watched it twice! I studied filmmaking. I've been writing all my life, but mostly poetry and stories. But I was shy about sharing them. Through film school, I found the writer in myself.

**Who's your favorite poet?**

Oh, I really love Charles Bukowski, a beat poet. I think poetry is cooler when you don't really know the details. Like, well, you know, it can be about so many different things.

**So, you like hiding things?**

Yeah! It makes people more curious about what's being hidden, which adds deeper meaning to things.

**WHO IS SHE?**

**Name:**

Erica Ocampo

**Favorite Filipino food?**

Sinigang, mangoes, and buko!

**Favorite place you've visited?**

Padang Padang in Bali

**Best book you've ever read?**

It might be the Seven Spiritual Laws to Success



**'I've been writing poetry and stories my whole life'**

**Are you hiding anything from us?**

Gosh! Well, you know, I'm kind of hiding my boobs from the people staring over there! It's like we're sitting ducks here because of the strong rain. This is my first time being stranded at a photo shoot, ha ha! But it's still fun with the *FHM* team here.

**While we're here, can you tell us about a thing that we won't be able to guess about you?**

People are usually surprised because they don't think I'm smart or funny. Even being a writer, it's hard to be taken seriously. You try to tell them that there's more to you, and they don't always want to believe it.

**That's a shame. So if we want to know you better, what's the best thing to do?**

Read my poetry. You can also watch my movies. But I also think you can learn a lot about me by chatting with me, just like this!

**We sort of get the vibe that you like artsy guys...**

Yeah, I think I could only ever fall in love with an artist because other people find it hard to understand me.

**We're going to enroll ourselves in some art classes now. How artsy does a guy have to be with a girl like you?**

He has to love reading poetry. I really thought that I would never find true love, and I was okay with that. You get used to the freedom life has to offer. But I guess that's always the time that you meet somebody who changes you—and that someone makes you feel like you don't want to meet anyone else because you know he's the right one for you. I guess you really have to meet someone like that to make you realize that you really can love again.

**We weren't ready for that! You seem to be quite the romantic...**

Yeah, I love all of it and I can't get enough, ha ha! And I mean, all the romantic stuff—flowers, the prince, the castle, and the slippers on your feet—anything can be romantic. It's the thought that is put into it that makes it special.

**What's the most romantic thing a guy can do for you?**

I'm thinking really hard, ha ha! Kissing in the rain? You know that's always a hot scene in the movies, like *The Notebook*, I like that one.

**Kissing in the rain! What perfect timing.**

Yeah! Kissing in this rain would be pretty romantic too, ha ha! I guess another romantic thing would be if a guy would propose to me. I always have guys tell me, like, they want to marry me or I am the type of girl they would want to marry but no one's ever gotten down on his knees and actually proposed. That would be pretty romantic. I don't know if anything tops that. **FHM**

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# ROGUE LEADERS

NATIONAL ELECTIONS ARE LESS THAN A YEAR AWAY. YOU SHOULD TAKE YOUR CANDIDATES SERIOUSLY. THEN AGAIN...

Twelve million votes were tallied in the 2015 100 Sexiest campaign. We can see politicians salivating right now—because that's a chunk they need in the circus that is the real elections next year. And while on the subject of voting—don't worry if you have to choose from characters with odd backgrounds, the world is full of that.

**ARNOLD  
SCHWARZENEGGER**

**Former governor, California  
USA**

Is the Terminator—therefore not human but a cyborg.



**LITO LAPID**

**Senator, Philippines**

An action star—infinitely better than Schwarzenegger because he is a real human *pero nagkakasa ng baril gamit ang hangin.*

**KIM  
JONG UN**

**Supreme Leader,  
North Korea**

If the miserable failure of a movie *The Interview* is to be believed, Kim Jong Un has a soft spot not only for the NBA, but for Katy Perry and her hit song "Firework," even breaking down to tears upon hearing it. In real life, though, he claims to have the power to nuke America to smithereens.



WORDS:  
**ALLAN P. HERNANDEZ**

ILLUSTRATIONS:  
**WARREN ESPEJO**



**RUBEN  
ECLEO JR.**

**Former congressman, Dinagat,  
Philippines**

Now a fugitive from justice after being convicted for the murder of his wife, going to prison, and escaping. As a cult leader of the Philippine Benevolent Missionaries Association (which he inherited from his father), his followers believe he is Jesus Christ incarnate. But he would really have none of that—what he had always wanted was to be a rock star. There's a video of him on YouTube playing electric guitar—and, man, he *can* play.



## BENIGNO "NOY" AQUINO III

### President, Philippines

Is a bachelor at 55, doesn't have a girlfriend, likes to shoot guns for sport, and is rumored to like dueling on PlayStation with presidential nephew Josh in his spare time. Apart from that, he has run the country for the past five years, of course—but presidents running our country are always the subject for debate.



## JOKO WIDODO

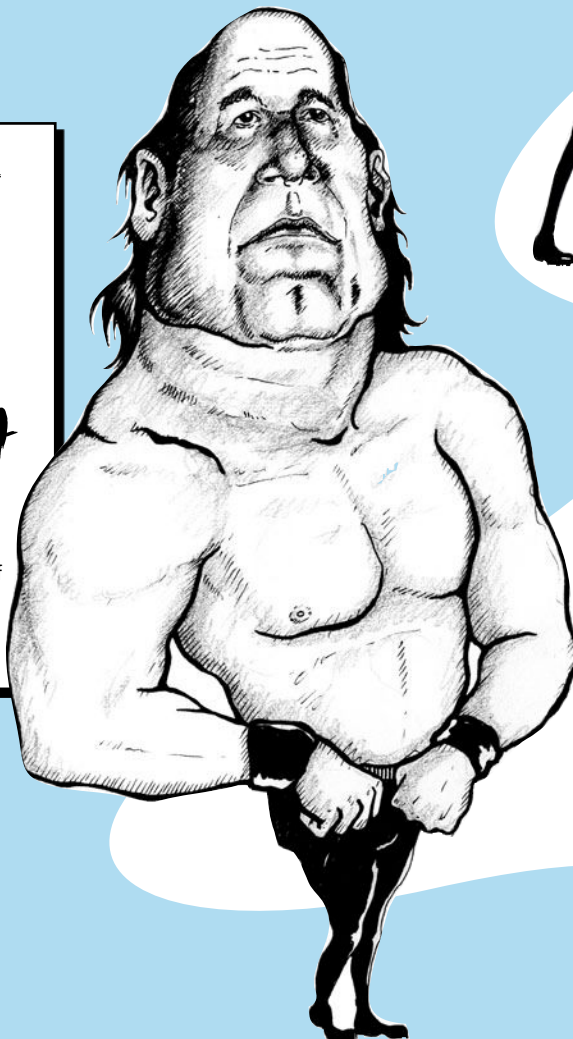
### President, Indonesia

The first Metalhead of State in the world. President Widodo is a devoted fan of pioneering grindcore band Napalm Death, renowned for composing the World's Shortest Song, "You Suffer" (two seconds, including the silence before and after the song). He wears Lamb of God shirts, flashes the demon horns hand sign, plays bass, and attends his country's metal festivals.

## JESSE "THE BODY" VENTURA

### Former governor, Minnesota USA

Was a professional wrestler...in the time of Andre the Giant. With all due respect—is also dead.



## BILL CLINTON

### Former president, USA

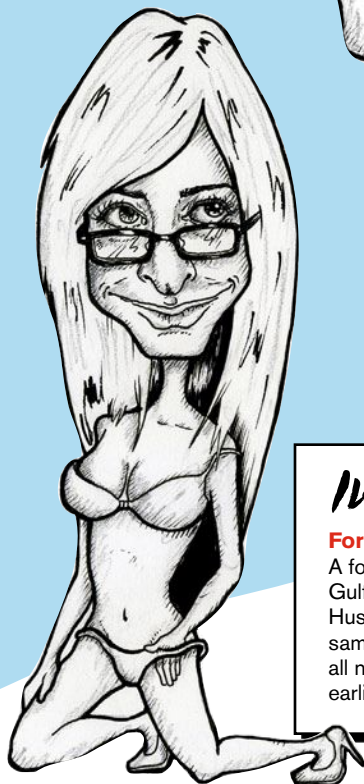
In official records, had "sexual relations" with a White House intern. In popular culture, got good head from Monica Lewinsky. In official records, President Clinton is an able saxophone player. In popular culture, Ms. Lewinsky blew the presidential horn and may or not have spit for better sound.



## NOVA STALLER AKA CICCIO/LINA

### Former member of parliament, Italy

A former porn star. In 1991, at the height of the Gulf war, she offered to have sex with Saddam Hussein in exchange for peace. She also made the same offer to Osama Bin Laden post 9/11. Note to all nations: World peace should have come much earlier, if Cicciolina had her way.





starter trend

## NEVER MIND THE BOLLOCKS IT'S THE RETURN OF... **ACID WASH!**

**YOU WORE THEM ALMOST 30 YEARS AGO,  
AND SWORE NEVER AGAIN WHEN YOU  
SAW WHAT A CLOWN YOU WERE IN OLD  
PICTURES. BUT HEY, THEY'RE BACK, AND  
YOUR KIDS WILL BE WEARING THEM**

WORDS:  
**ALLAN P.  
HERNANDEZ**

DENIM PHOTO:  
**JIKO JOSON**

One day we were ambling at the mall department store, looking to buy some stuff in the menswear section. Reaching the jeans rack, this piece of denim called out to us loudly from the frontline, in wildly discolored blue, utterly distressed, with Duran Duran hair, wearing shoulder pads and Haruta loafers. We were seeing things.

"What the fuck?! It's acid wash jeans! From 1987!"

What was it doing there? Apparently it's made a

comeback. Thirty years is a long time to make a comeback. Trendmongers have observed that pop culture repeats every 20 years—they saw the sixties in the eighties, the seventies in the nineties, the eighties in the noughties, presumably and so on.

The only reason we can think of that acid wash jeans took a while to return was because this is how you looked like wearing them in 1987 (fig 1). It's a high-waist number, with a sort



fig 1



fig 2



fig 3

of balloon leg cut that you then cuffed at the hem, that you paired with a similar acid wash jacket.

How it happened to be cool to be like this will never be known. We suspect it had something to do with two of the girls you listened to and lusted for in 1987 (fig 2). Debbie Gibson liked a lot of acid wash and she was cute. Tiffany was even more cute, and eventually posed for Playboy.

Debbie should have done the same when she could still do it.

Everything about this look should never be repeated again. And yet things will repeat, because boredom easily sets in.

So how did they right a wrong? Well, today's acid wash jeans is no longer high-waist. The cut is skinny. You're no longer required to pair it with acid wash jackets. But the way trends go, it's only a matter of time before the kids begin to look like this again (fig 3).

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# starter BAR ROOM JOKES

This month: one-liner punchlines



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funniest jokes at  
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fhm.ph

## DIRTIEST JOKE SHE KNOWS



A daughter asked her mother how to spell "penis". Her mom said, "You should have asked me last night, it was at the tip of my tongue."

**Andee, 22, artist**

## BARRIO JOKES

### Manila tour

**Kano:** I-tour mo nga ako sa Manila!

**Driver:** Sige sir!

**Kano:** Ilang years ginawa yang Araneta Coliseum?

**Driver:** More than three years, sir!

**Kano:** Sus! Dun sa States 10 months lang yan!

**Driver:** Ah.

**Kano:** Yang Mall of Asia?

**Driver:** More than two years sir!

**Kano:** Ang tagal naman! Sa states four months lang yan!

**Kano:** Hmmm, eh yang Ayala Center?

**Driver:** Hala! Ewan ko! Wala pa yan kanina eh!

**BlackSausage, via Twitter**

### Si nanay

**Anak:** Nay, nay, tingnan niyo po ang drawing ko oh!

**Nanay:** Wow! Ang galing namang mag-drawing ng monkey ng bunso ko!

**Anak:** Nay, kayo po yan!

**CristostoMOO, via Facebook**

## Viagra Overdose

Did you hear about the guy who died of a Viagra overdose? They couldn't close his casket. **Moby\_Dick, via Twitter**

### Cheap circumcision

**Q:** What do you call a cheap circumcision?

**A:** A rip-off.

**SupR pussy, via email**

RIP-OFF!!

### Get a job instead

**Q:** What's the difference between your wife and your job?

**A:** After five years your job will still suck.

**Krustykrabb, via Facebook**

### Pig and duck

A woman and a duck walk into a bar. The bartender says, "Where'd you get the pig?" The woman says, "That's not a pig, that's a duck." He says, "I was talking to the duck."

**CoffeeSugar96, via Twitter**

### On a writer's interview

**Interviewer:** What inspired you to come up with this work?

**Writer:** It's due date.

**SkimmySkamkam, via Twitter**

ILLUSTRATION: MIKKE GALLARDO

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*Penetrate her mind*

# LOUNGE

PHOTOGRAPHY:  
EJAY LEUNG OF MIDNIGHT  
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ASSISTED BY: MADEL DODOYCO  
MAKEUP: ANNE CASTAÑO  
HAIR: ANGELU DOMINGUEZ  
WINGWOMAN LOGO: AUGGIE  
FONTANILLA



## SECRET PLACES SHE WANTS TO BE TOUCHED



She doesn't necessarily mean with hands.

Allow our Wingwoman to illustrate...

### WHAT IS THIS—CUDDLING?

Not exactly. There are all sorts of ways you can touch a lady and not all of it is cuddling. Ah, ladies, they make life harder, but what would the world do without them? I say this because I'm not a lady. I'm a woman. The difference, being a lady needs a gentleman and a woman doesn't. For the female readers, you can be both if you please—there are no rules in my opinion. In this topic, I will be talking about both of them because all females are the same—complicated and worth it. So touch her in the right places and you will get all that she's worth.

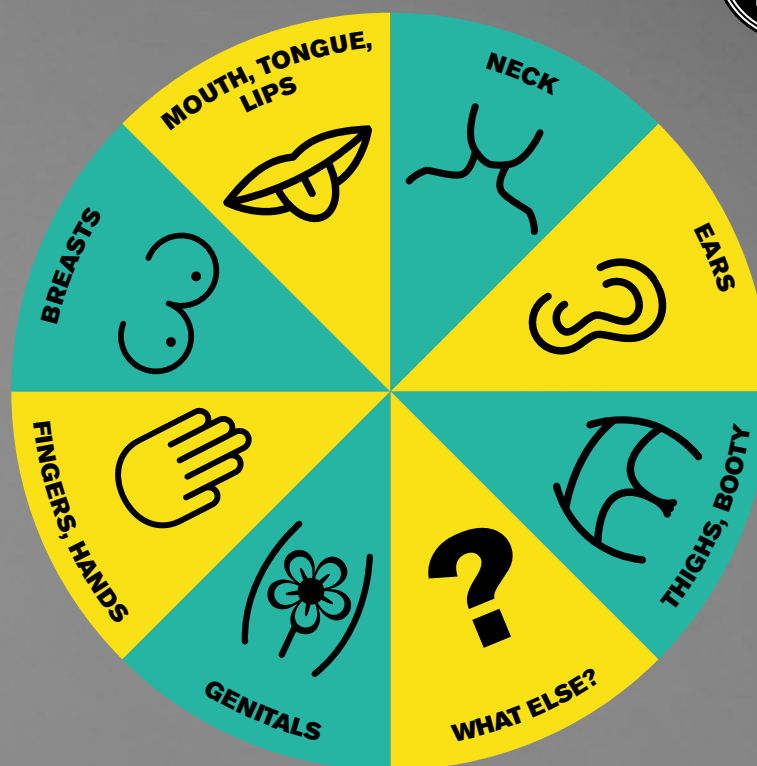
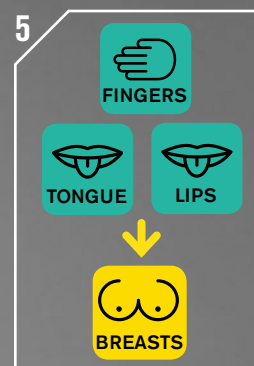
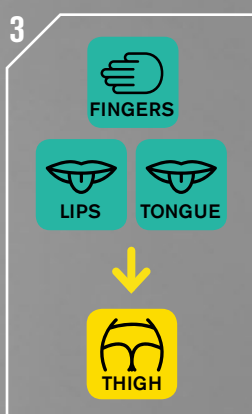
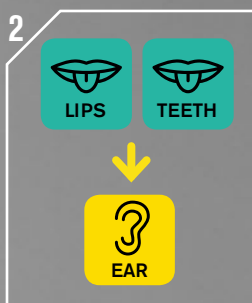
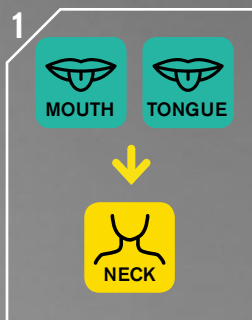


THINGS YOU DIDN'T  
KNOW ABOUT  
DIVINE MAITLAND-  
SMITH

#### She's inked, and she inks

I haven't properly tattooed in about four years, but I do special favors for my friends at P&P Tattoo—and I've been designing tattoos for a while now. As for the ones I own, I used to have individual pieces on my arm that are now connected as a one-piece sleeve. So when people ask how many tattoos I have, I just say...a lot. Ha ha! All my tattoos have meaning for me, though, so all of them are my favorite.

# PICK THE RIGHT SPOTS



## 1 MOUTH AND TONGUE TO NECK

The neck is a spot that's a must-kiss-and-tickle—and by tickle, I mean use your lips, tongue, and breath. No female can resist that—I don't think a man could either. The neck is a subtle sexual area where we can be at our most vulnerable.

**For extra points:** Kiss behind her neck and go up to her ears. Remember: If you love it, she most likely will too.

## 2 LIPS (AND A BIT OF TEETH) TO EARS

Anyone who says they don't like their ears nibbled on a little bit is lying—unless they have ear phobia, ha ha! Ears are actually part of our body's erogenous zones. It's highly sensitive and sexually receptive. There are erogenous zones all over our bodies and they differ in areas and sensitivity for everybody.

**For extra points:** Whisper something naughty and special to your partner before nibbling on her ear.

## 3 FINGERTIPS, LIPS, AND TONGUE TO THIGHS

Every female likes to be touched in this highly sensitive area. It's a fun part to tease because you usually always get what you want in the end. If you have time and are willing to earn those man points, earn it here. Thighs are so sensitive, this won't be so hard to do.

**For extra points:** Go for the inner thighs. All women have a mental points recorder—keep racking up the points and you'll get the prize.

## 4 FINGERS, GENITALS, TONGUE, AND MOUTH TO MOUTH

Okay, lips are probably not a secret, but what you put in it is. It all depends on what your partner likes and how she wants to be kissed. Then ask her: 'Do you want my \_\_\_\_ in your mouth?' before proceeding. Politeness can be a form of dirty talk, too.

**For extra points:** Little kisses on her lips and cheeks make things a little cozy and cuddly. This is sexy in her book. A little bite and nibble revs up the friskiness.

## 5 FINGERS, TONGUE AND MOUTH TO BREASTS

Can anybody skip through this body part? Breasts are beautiful. Some people get tingly when their nipples get brushed on softly, and some people barely even flinch because they can't feel it. Find out what her nipple sensitivity is by experimenting with fingers and tongues. Switch them up!

**For extra points:** Don't forget to fondle them. It's a two-way pleasure thing.

## 6 HANDS AND WHATEVER ELSE, TO BOOTY

This area has the most cushion for the pushing...if you know what I mean. But first, make sure you know how naughty your partner is: you don't want to be pushing the wrong buttons. If your partner is a little bit of a joker, then I think a little spank here and there is a must, also maybe a little nibble.

**For extra points:** Grabbing and massaging should all be for the sake of good, clean fun.



LOUNGE

# Love

I N T H E T I M E O F

# LBM

You've worked forever to get your dream girl to go on a date. And now that she's decided to say yes, will you let a little tummy ache stop you?

WORDS  
CHISE ALCANTARA

## AILS TO OVERCOME 1

## DRY COUGH

One of the easiest ways to hide your coughing fits is to disguise it as something snooty and/or utilitarian. A dry cough can easily be used to get the waiter's attention. Breaking into an "Oh, waitah! Could I get some watah?!" (said in your best fake European accent) can just be the thing to incite chuckles from your date—or at least get you a glass of water to clear your throat with. Maybe you'll sound less *dyahe*.

## AILS TO OVERCOME 2

THE SINAT /  
ALMOST-LAGNAT

Do you feel like you're coming down with something? Are you getting the chills? In this scenario, layers could be your best friends. Bring a jacket/hoodie/cardi—and it's doubly useful because you'll never know when your date will need it, too. Always being prepared for any climate change will make you look like a super reliable boy man scout to your date. If you follow this tip, you'll be sure that the cold will never bother you...anyway. Nailed it.

## AILS TO OVERCOME 3

ALLERGEN-  
INDUCED  
SNEEZING

You know those annoying yet wonderfully relieving series of sneezes people usually have to get the tiny irritation out of their nostrils? The one that you think is going to last forever because every time your nose calms down, it starts all over again? Your date's probably going to be concerned about you as you go through the awkward ordeal so you better be ready to hit her with a *pa-bebe landi* line to capitalize on that concern. Try resorting to cheeky pickup lines: "*Kasalanan mo kasi 'to eh.*" When she asks you why, nail her with, "*Kasi allergic ako sa cute. BOOM!*" *\*sabay hatsing\** This way, you can achieve the maximum *pa-bebe-cuteness* level a semi self-respecting man can hope for, or at least brag to your friends that you delivered one of the corniest cheese-flavored pickup lines on a date and lived to tell about it.

## AILS TO OVERCOME 4

LOOSE  
BOWEL  
MOVEMENT

Okay—so if you regularly date, you've probably gone through this at least once in your life. When both of you are having a great time, and everything's fine, but suddenly you feel the raging brown serpent in your intestines rustle your stomach, forcing you to twist your body in order to not let him escape through the only hole he could exit. So how do you get out of this battle unscathed?

## STEP 1

First, excuse yourself so you can slither your way to the closest public toilet in a quick but not hurried way. Time it: You have approximately three minutes before she gets suspicious.

## STEP 2

Once inside the toilet cubicle, initiate the Japanese Squat or as we Pinoys like to call it, the *One-Time-Big-Time-Boom-Panis*. You know, the one you see in weird Japanese pornos, where the guy places his feet on the bowl and squat to allow their intestines full freedom to release the stored waste. It's the fastest and most effective way to defecate, and desperate times call for desperate measures, bro. *Banzai desu!*

## STEP 3

After the deed is done, have wet wipes ready to clean your *nakaraos* and sweaty self. This is, of course, a different set of wet wipes from that which you haven't already used to wipe your bum. We don't want any organic concealer on your face.

## STEP 4

Prepare necessary excuses when you get back and she hits you with, "*Tagal mo ah.*" Be sure to not let her notice that you're still catching your breath, and deliver some *tikas* lines like, "*Nag-stretch lang ako nang konti. Nakakangalay kasing umupo eh. Pwede bang tayo na lang?*"

## AILS TO OVERCOME 5

## RUNNY NOSE

One of the worst things you could have on a date is a nose full of mucus. The best way to not let her know that your nose is slowly turning Niagara Falls on her is to order some spicy food. "What?! Spicy food?! Are you mad? The dripping would get worse!" Exactly. You're not sick, you're just really sensitive to spicy food, that's why you've been drinking all that water, which makes you pee a lot, therefore makes your frequent visits to the bathroom less sketchy. She can't blame you for not knowing that the Jalapeño smoothie would be too spicy, right? The bathroom is where you can excrete as much snot as you want without your date judging you. And all that running water to wash all the snot from your nose off. **FHM**



MODEL: **HOLLY T. WOLF**  
PHOTOGRAPHY: **JAY TABLANTE**  
STYLING: **KRISTINE TORIBIO**  
HAIR: **CHARLIE MANAPAT**  
MODEL APPEARS FOR  
ILLUSTRATION PURPOSE ONLY

LOUNGE

# LADIES' CONFESIONS

Boob massages and finger-dancing diaries

## OUT OF MANA

I was a college student back then. I remember telling my mom that I was going to do my paper at a friend's house, when in fact, I was spending the night at my *ka-M.U.*'s condo. His friends went out to play DotA, so we were alone in his condo. I guess that was just another excuse to give us some time alone. We started drinking at 7 p.m., downed five shots, then started taking shots off each other's body. All of this eventually led to kissing and touching. I got on top of him and I felt his fingers undoing my bra. While he was busy, I started kissing his neck, and then his chest. He took off my top, exposing my soft bouncy boobs. He started massaging them, which made my nipples hard. At that point, I couldn't control myself anymore. I started to rub my pussy against his hardness. He sensed my hunger so he

## WHAT A SEND-OFF!

I was leaving for overseas and it would be a while before I see my boyfriend again, so I wanted to leave him a happy memory before I went away. We went to the movies. The lights dimmed then as if right on cue, I felt a hand groping my chest, flicking my nipples discreetly. *'Di na ako nagpakipot* because I felt naughty too. He looked at me—a sign that I needed to return the favor.

*"Lamig,"* I said out loud for people close to us in the cinema to hear, so they wouldn't think of anything after I took the jacket from his bag. I placed it on top of us. No one noticed me reaching for his pants. I could tell he enjoyed it as he froze and breathed heavily. After the movie, he had a hard time trying to cover up the bulge in his pants before we finished the deed in a motel close by. My review? Best remembrance ever. **Marie, via Facebook**

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**MEANWHILE,  
IN LADY  
PARTS I.Q.**

**Short-Haired  
Privates**

Where hair on your head will have reached its maximum growth length after seven years, a full hair of vagina is reached after three weeks.



removed his pants. I sucked his penis slowly at first, and then faster and faster. I paused and smirked at him—he knew what I was planning I changed my position and rode him. Just when I started to push it deeper, we heard a knock on the door. Apparently, it's already 9 p.m. and his friends had finished playing DotA. We just decided to drink with his friend and continue where we left off in his bedroom later that night.

**Kristeen, via Facebook**

**SPANK-WIRED**

After my friend's debut, we slept over at a friend's place. My ex insisted to come along since his house was far from the venue. We stayed in one room: my friend, her sister,

my ex, and I. Everyone else slept on the bed, except for me and my ex, who slept on the mattress with a pillow between us. While sleeping, I felt him remove the pillow that divided the mattress. We weren't facing each other so I didn't know if he was awake or not, so I turned over to see what he was doing. I was surprised to see him watching porn on his phone. No one could hear because he was wearing earphones. He had no idea that I could see what he's doing—I couldn't resist but watch it as well. I touched myself because I felt so wet and I didn't know what else to do. I moved closer to him just enough to let him feel I was awake. I saw that he was shocked and embarrassed but

before he could even explain, I hugged him from behind and grabbed his really hard dick. He was wearing only his boxer shorts so I was easily able to slip my hands in. He faced me while I played with his penis. He touched my breasts and squeezed them. I was really turned on. He pulled me closer and licked my nipples while he started rubbing my clit. I was trying to muffle my moans so the others wouldn't wake up. We did the 69 position so we could easily eat each other out. I was very horny and wanted to shout in pleasure but I couldn't. He groped me while I pressed my body unto his. We both came and felt tired but amazed by the experience.

**Amy, via Facebook**

**JUST ANOTHER SUNDAY  
AFTERNOON**

One Sunday, my boyfriend and I went to his house to have lunch with his family. He was supposed to take me home after but his parents told us they were going to church and we needed to look after his six-year-old brother. So I stayed and babysat his brother until he got sleepy and I sent him to his room. After a few minutes, my boyfriend got naughty. He held me and started caressing my breasts while kissing me. I was turned on but at the same time worried that his brother might wake up. But our hormones won so we decided to have a quickie. But since their yayas were downstairs, and they might see us if we transferred to his room, we decided to do it inside his brother's room instead. Imagine the challenge. He started taking off his pants while I started to take my panties off. I realized that I was so wet. His fingers stroked my clit; after a while I felt them going in deeper and deeper. I couldn't hold it any longer so I moaned. It was just loud enough to make his brother move but luckily, not loud enough to wake him up. We both froze for a few seconds but continued right after we felt it was safe. He removed his fingers and I felt his shaft line the hole of my pussy. Before putting it in, he covered my mouth then started thrusting. I came so hard and fast because I was so turned on by the whole scenario.

**Leigh, via Facebook**

***'I traced my hands where it needed to go to tease—then on cue, I felt a hand on my chest, pinching my nipples discreetly'***



# Blackwater

*Christian Bautista*  
Christian Bautista  
Model/Actor/Endorser



P120

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# ACCESS

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TV / MUSIC

## PLAY THE LAUGH TRACK NOW

● BUBBLE GANG'S RESIDENT DUDE GROUP P.A.R.D. IS MIXING MUSIC AND HILARITY SO BAD, IT'S SERIOUSLY FUNNY

INTERVIEW: PONG CASTILLO, ASH MAHINAY  
ILLUSTRATIONS: JAMES ANDRES

They won't argue with us if we point out that they're not the best-sounding musicians, nor will they get offended if we told them that their lyrics are tacky. If you're paying close attention to the sketch comedy show *Bubble Gang*, you should know by now that its resident dude group P.A.R.D. is serious at being absurd and funny. And if their making music and videos is laughable, they're glad to be of service.

**We first learned of the group in your music video "Kwek-Kwek." Was that an original composition?**

**Boy 2 [Quizon]:** May nakilala kaming group of hip-hop artists, tapos sinabi ko sa kanila yung klase ng music na gusto namin. Sakto lang din na meron silang song na hindi nila ginagamit, yun nga yung "Kwek-Kwek."

**Did you tweak the arrangement and lyrics, or was it all the hip-hop group's?**

**Antonio [Aquitaña]:** May parts na binago, yung mga Kapampangang ad-libs. Then of course

naiba na rin yung areglo nang kaunti. Tapos nag-try na kaming mag-highlight ng objects, like saging, ube, ganyan.

**A trick effective for recall, we must admit. Who are your inspirations in your music videos and production?**

**Boy 2:** Sa Bubble Gang kasi, may time na si Bitoy yung gumagawa ng music videos. Ginagamit niya yung songs na sikat dati, tapos pinapatungan niya ng lyrics. Ngayon mas mahigpit na yung music labels, so para makagawa kami ng music video, kailangang gumawa

talaga kami ng kanta.

**Nobody in the group is a full-time musician. How does P.A.R.D. function as a group?**

**Boy 2:** Yung factor lang na walang rules, d'un kami naglalaro.

**We have to commend the quality of your music videos, especially "Hugot!"**

**Antonio:** Kami-kami lang din naman ang producers, so hindi kami nagmamadali sa kahit anong aspect ng production.

**Boy 2:** Okay, "Hugot," ginawa namin dun, nagbato talaga kami ng event. Napansin niyo yung party scene d'un?

**Of course, our favorite scene from the MV...**

**Boy 2:** Tootoo yung party na yun para makuha namin yung visual. So nangyari naman, pero it took us at least three days.



RJ PADILLA



ROADFILL

**Are you taking the route of a classic boy band?**

**Boy 2:** *Kaya nga kami nabuo para patayin lahat ng boy bands sa mundo.*

**Roadfil:** *Hindi, gusto lang naming iangat yung boy band into a new level.*

**If you don't want to be labeled a boy band, eh ano ang tawag sa inyo?**

**Boy 2:** *Gago, ha ha!*

**Antonio:** *Basta grupo kami na kayang mag-shift into different genres. Yung next song namin, which is "Zero," yun naman ang binabalak naming kasama si Pepe Smith or Slapshock.*

**Other artists you're aiming to collaborate with in the future?**

**Boy 2:** *Eraserheads, siyempre.*

**Antonio:** *Tsaka si Gloc-9 at Parokya ni Edgar.*

**RJ [Padilla]:** *Pag nabasa nila 'to sana pumayag sila makatrabaho kami in the future, ha ha!*

**'KAYA NGA KAMI NABUO PARA PATAYIN LAHAT NG BOY BANDS SA MUNDO'**

ANTONIO AQUITAÑA

**Do you plan to do a concert or some out-of-Bubble Gang stints?**

**Boy 2:** *Nakakatuwa nga kasi may instances na we go to events or bars na nagpapatugtog ng "Hugot." Yung concert, siguro late this year. Pero gusto kasi namin, kung ano yung nakita nila sa video, ganun din live.*

**Roadfill:** *Gusto naming gandahan yung production, gawing very visually entertaining yung concert.*

05

BOOKS

# LANGUAGE LOST?

● **THINGS THAT WERE SAID, REGRETTED, AND THEN SAID AGAIN**



**THE FLAME ALPHABET**  
by **BEN MARCUS**

As far as premises go, this book has one of the craziest ones. The story is set in a Dystopian future where Jews are once again persecuted and now face a curious epidemic—parents literally get sick when their children talk to them. Filled with religious and historical allusions, this book will have your brain hurting in no time.  
*Available at National Bookstore*

**How My Sons Lost Their Tagalog**  
by **BENJAMIN PIMENTEL**



**HOW MY SONS LOST THEIR TAGALOG**  
by **BENJAMIN PIMENTEL**

A collection of essays of a Fil-Am father as he tries to keep the Filipino culture and language alive in his children when his family migrates to the US. It provides us a way to see the Filipino and his language from a different worldview, and more important, it gives us a chance to reassess our perception of the vernacular.  
*Available at National Bookstore*

**The El Bimbo Variations**  
by **ADAM DAVID**  
ILLUSTRATED by **JOSEL NICOLAS**



**THE EL BIMBO VARIATIONS**  
by **ADAM DAVID**,  
ILLUSTRATED by **JOSEL NICOLAS**

Ever heard the line, "*Kamukha mo si Paraluman nung tayo ay bata pa*"? If you haven't, then you probably aren't old enough to read this magazine (only '80s/'90s kids will get this). And if you've heard it before, you probably haven't heard it in 99 different ways. The El Bimbo Variations takes word/phrase smiting to a new, fun, and exciting level.  
*Available in reprint at University Publications*

WORDS: CHISE ALCANTARA

06

FILM

# THE SHORTS LIST

## ● YOUR DOSE OF INDIE FLICKS FIX THIS CINEMALAYA 2015

Full-length films by master cineastes and new-breed filmmakers are out, for now. On its 11th run, the country's most popular independent film festival will hold a competition for short films, with 10 finalists, from August 7 to 15 at the Cultural Center of the Philippines. An abortionist with a dark secret, gay lovers heading their separate ways, and a story inspired by the assassination attempt on first lady Imelda Marcos round up this year's Cinemalaya.

### 1 **Apasol (Chasing Sun)**

*Written and directed by Rynne Murcia*

**Cast:** Rynne Murcia and Ikoh Alcuizar  
**Running time:** 19 minutes

Two young men—lovers—are torn asunder by a “tree of love and lies,” which ironically brings them together. *Apasol* narrates their pain, parting, and ensuing acceptance.

### 2 **Gatilyo ng Baril**

*Written and directed by Glenmark Doromal and Eero Yves Francisco*

**Cast:** Espie Francisco, Joey Francisco, and Philip Francisco

**Running time:** 9 minutes

An investigation juxtaposes two historical events: the attempted assassination of former first lady Imelda Marcos by Carlito Dimahilig in 1972, and the nefarious assassination of Benigno Aquino, Jr. in 1983.

### 3 **Kyel**

*Written and directed by Arvin Belarmino*

**Cast:** Frank Ferguson Jr.  
**Running time:** 18 minutes and 25 seconds

A psychological thriller that tells the story of a troubled man dealing with the horrors in his head and his ultimate confrontation with his own demons.

### 4 **Lisyun Qng Geografia**

*Written and directed by Petersen Vargas*

**Cast:** Earl Policarpio, Ross Pesigan

**Running time:** 20 minutes

A map made by a high school best friend allows a young man to relive the memories of their bond prior to leaving his hometown, thus picking up the pieces of a broken friendship.

### 5 **Mater**

*Written and directed by Annemikami Pablo*

**Cast:** Only Tecson-Cruz, Rhonabelle Carillo

**Running time:** 19 minutes, 23 seconds

Struggling with their daily routines, a mother and daughter try to overcome loopholes that both bind and test their relationship. A family drama where devotion and unconditional love collide.

### 6 **Nenok**

*Written and Directed by Milo Tolentino*

**Cast:** Casey Jedrick Palomares

**Running time:** 19 minutes

Nine-year-old street child Nenok's playground is the famous Barasoain Church of Malolos, Bulacan. Playful and imaginative, the boy makes use of the historic site as his home, wreaking mischief whenever he can to the annoyance of the parish's grumpy groundkeeper, Mang Johnny, in whom he finds a friend and a father.

### 7 **Papetir**

*Directed by Darwin Novicio*

**Cast:** Ruth Urquia, Marinella Sevidal, and Albert Bryan Abelido

**Running time:** 5 minutes, 44 seconds

A ventriloquist finds himself confronting his past in the middle of a performance at a children's party. Starring a real-life ventriloquist—*Pilipinas Got Talent* Season 1 finalist Rupert Urquia—*Papetir* uncannily portrays misery amid a jovial setting.

### 8 **Pusong Bato**

*Directed by Martika Ramirez Escobar*

**Cast:** Cinga Dela Cruz and Edgardo Salvador

**Running time:** 20 minutes

Cinta Dela Cruz is a '70s actress at the twilight of her career trying desperately to revive her halcyon days as a movie star. A film-within-a-film, *Pusong Bato* takes a satirical jab at colonial influence in the Philippines.

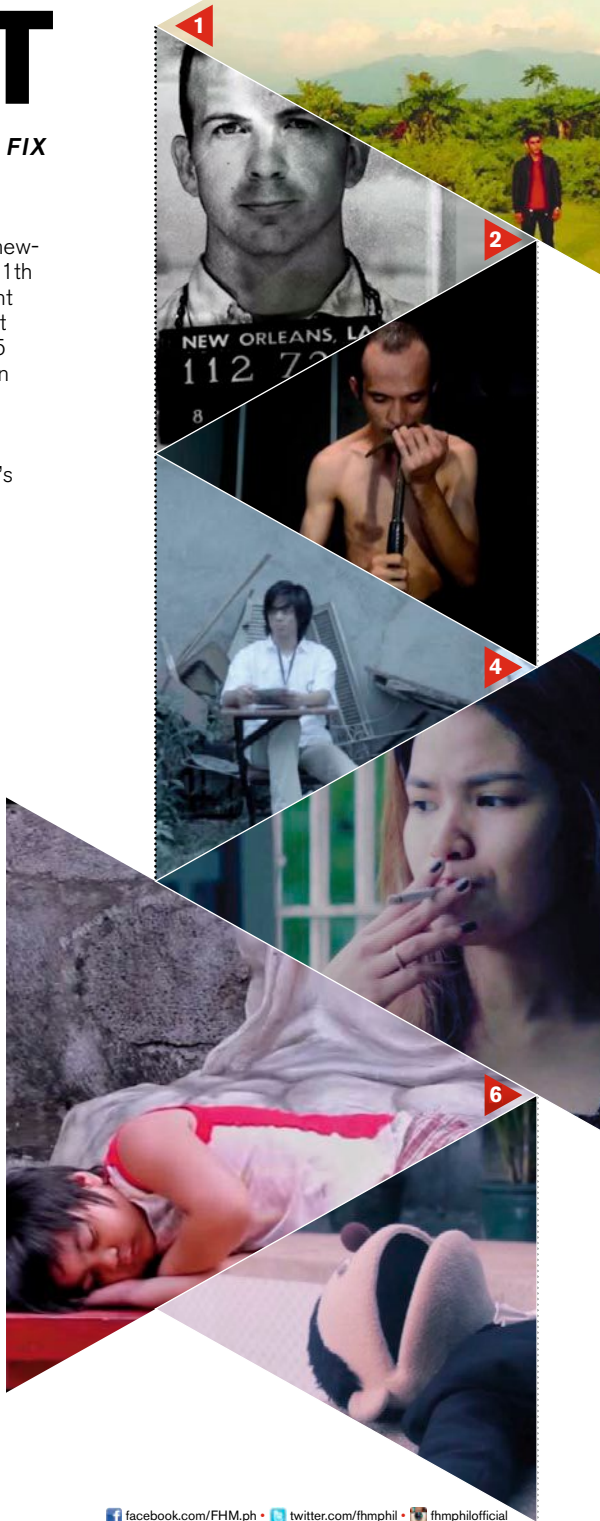
### 9 **Sanctissima**

*Written and directed by Kenneth Dagatan*

**Cast:** Chai Fonacier and Ligaya Rabago

**Running time:** 15 minutes, 31 seconds

Marisa, an abortionist, bears the





secrets of her profession in solitude, including where she disposes dead fetuses. When one of her patients acquires complications from a procedure, Marisa is pressured to come clean, but in the end keeps her resolve to protect her secret.

#### 10 **Wawa**

**Directed by** Angelie Mae Macalanda  
**Cast:** Frank Daniel Atutubo and April Ramos

**Running time:** 10 minutes, 11 seconds

Chronicles the journey of a young boy who, together with his relatives, takes his father to his final resting place.

## MEANWHILE, IN HOLLYWOOD...

#### ► **Fantastic Four**

Four young dweebs acquire superhuman abilities after teleporting to an alternate universe. With their lives radically changed, the quartet must hone their skills to later defeat a former friend turned nemesis. Kate Mara, Miles Teller, Michael B. Jordan, and Jamie Bell star in this Marvel reboot.



#### 1 **We are Your Friends**

Reckoning that his golden ticket out of his 'hood is EDM superstardom, twentysomething DJ hopeful Cole (Zac Efron) apprentices for elder DJ James (Wes Bentley), whose girlfriend Cole falls in love with. The coming-of-age drama intensifies when Cole finds himself at odds with James and his real friends who begin to doubt his loyalty.

#### 2 **Dark Places**

Based on the mystery-thriller by *Gone Girl* author Gillian Flynn. Charlize Theron plays a trauma survivor of a brutal family murder. Seething with anger over everything she has lost, Libby decides to reopen the case three decades after.

#### 3 **Regression**

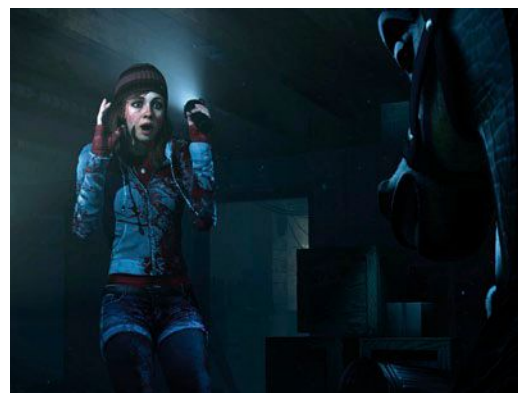
A detective (Ethan Hawke) probes the case of a father who admits to sexually abusing his daughter (Emma Watson), but apparently has no memory of it.

#### ▼ **American Ultra**

This year's doobie movie reunites *Adventureland* pair Jesse Eisenberg and Kristen Stewart in an adventure-packed plot. Aimless wanderer/slacker Mike (Eisenberg) learns he is a trained government spy (!) with hostile bureaucrats out to get him. He soon finds himself on the run—a la Jason Bourne...stoned—with girlfriend Phoebe.

#### 4 **Masterminds**

The heist comedy boasts an all-star roster including Zach Galifianakis, Owen Wilson, Kristen Wiig, Ken Marino, and Jason Sudeikis. While based on the infamous \$17.3 million-Loomis Fargo robbery in North Carolina of 1997, *Masterminds* is all fun, teeming with laugh-out-loud stupidity and slapstick.



07

GAMES

## CABIN IN THE WOODS

● **STEER YOUR OWN SLASHER FLICK IN UNTIL DAWN**

In the great big world of movie tie-in video games, we never seem to get the one where we could really, really control the actors: We're talking about slasher films. Watching these movies often feels like watching a "Dumb Ways To Die" ad, so now we're stoked to make our own bad decisions in the new PS4 title, *Until Dawn*. The game plays like a mash-up between *Silent Hill*-style spooky exploring, and *Heavy Rain*-decision making. A bunch of teenagers (duh) are in a log cabin on the anniversary of their friend's disappearance—that means it's the perfect setting for a killer to stalk them. The game has a "butterfly effect" system—that means even small actions can possibly change the outcome of the story in a big way, and they aren't allowing endless manual reloading of saves to cheat and try different things!



- Hayden Panettiere is in it
- Teenage video game sex
- Multiple playthroughs won't feel stale thanks to the branching

- Hayden Panettiere is in it
- We're bound to hate one of the eight characters
- At nine hours a playthrough, the different endings better be worth it

WORDS: ASH MAHINAY

## HANGOUT

# DRINK + EAT + PLAY

● **MOVE ON TO MORE CHALLENGING GAMES, BEER PONG CHAMP. DON'T WORRY, THEY SERVE BOOZE HERE...**

**What's in it for me?**

**Who can I invite to join in the fun?**

**What else is on the menu aside from beer?**

**How much do I need to chip in?**

**What's popular on their games list?**

**Puzzles: Board Game Lounge**  
Aguirre Street, BF Homes Paranaque



Over 300 board games available. Also, they have in-house coaches to teach you the rudiments of the games if you're a noob.

**The Appraisery**  
Cubao Expo, Quezon City



Tabletop games, miniatures, living card games, and RPGs. Here, first-time gamers are welcome to join hobbyists and learn the games for free.

**Ludo: Board Game Bar and Café**  
Tomas Morato, Quezon City



Over 800 board games—over a thousand if you include the ones for sale.



**Gerry's Jeepney**  
Maginhawa Street, Teacher's Village, Quezon City



Classic Pinoy tabletop and card games.



**Uno Morato**  
Tomas Morato, Quezon City



Boardgames, miniatures, and magic cards; a library of comics, books, and artwork by local artists. They also host open-mic for stand-up comedy.

Tag along family and friends who will feel at home in this quirky spot. Yes, they have beanbags.

Call on your band of "hybrid nerds" over to casual gaming or to their annual gaming event, *Geekgikan*.

Anyone fun and competitive and up for Ludo's game nights—Murder Mystery Parties, the Traitor's Table Dinner Party, and Brainbusters + Booze

That foreigner buddy you met online.



Friends, family, your girlfriend. Heck, you can come alone and you won't get bored.

Paninis, milkshakes, and their special deep-fried cookies, *Oreo Afraid of the Dark?*



Kumbaya—iced latte with roasted marshmallows, peanuts, graham crackers, white chocolate, and caramel sauce. Good stuff, we tell you.

Their house bestsellers: *katsudon*, cheese gyoza, and strawberry milkshake.

Pig out on local dishes under their Driver's Tipid Meals for as low as P105!

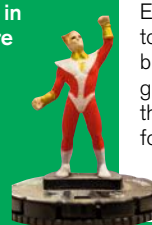
Kalsada coffee, a liter of caffeine fix for P180, to last you the whole day.

You can opt to pay P100 gaming fee for unlimited gaming, or have it waived when you dine in.

Chip in P150 for coffee and sandwich and you're free to use available games. Some tabletop games are also for sale.

Around P150 for the required minimum order of one food item and specialty drink to use the games

Just dine in and you're free to use their classic Pinoy games.



Everyone's welcome to enjoy available board and card games, and watch the weekly open mic for free.

Avalon, Dixit, Jenga, King of Tokyo, and Pandemic



Dixit, Cards Against Humanity, Splendor, Ticket to Ride, River Dragons, The Resistance, Betrayal at the House on the Hill

*Dama, sungka, Balut game, pusoy dos, tong its*. Now if only we could play *patintero* along Maginhawa...

HeroClix, Cards Against Humanity, River Dragons, Magic Cards

\*Outgoing, out-of-the-closet geeks, according to Victor Prieto, Appraisery owner



## 5 THINGS YOU NEED TO KNOW ABOUT FHM DARE

**THE LATEST CARD GAME CRAZE TO HIT DRINKING SHENANIGANS EVERYWHERE**

**1 It's a Truth or Dare game—with a nice twist.** Pick a Truth or Dare card. You may opt to do what is asked of you: take a shot, or pick a Babe card from your stash for a chance to escape the Truth/Dare.  
**2 All the ace babes are here.** Angel Locsin, Ellen Adarna, Alodia

Gosiengfiao, and Jinri Park are present. It's like drinking with the girls of your dreams!

**3 It's handy.** Because the whole pack fits easily in your pocket, you can bring it wherever the party is.

**4 It will test your camaraderie.** But it's

guaranteed to build new relationships. Lady playmates are highly recommended!

**5 Supplies are limited.** FHM Dare is now available at major stores nationwide. Get yours now before it gets hoarded by card sharks!

# FACE THE FACTS

Squeeze some science into your grooming routine and score high in hygiene with these tips and tricks



## DIG DEEPER

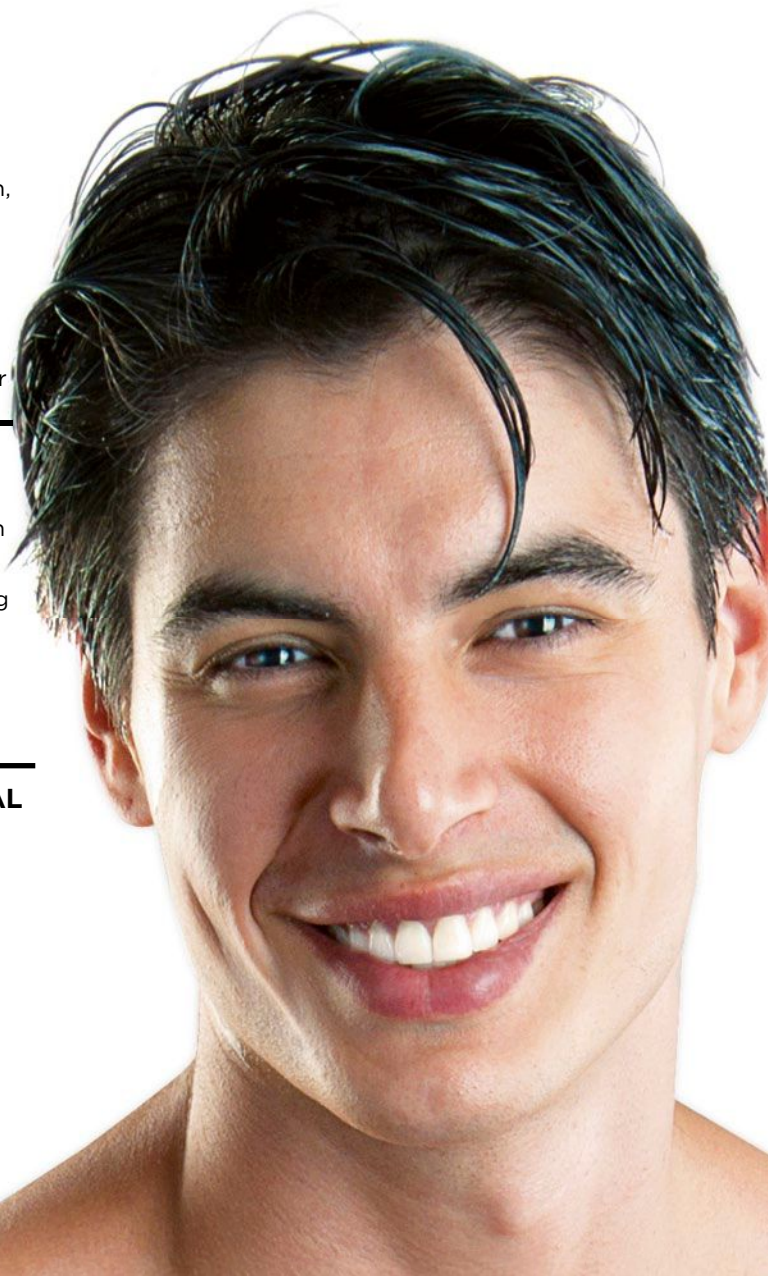
Look for products with exfoliating agents like **kojic acid** and **glycolic acid**. They prevent skin conditions by removing upper layers of dead skin, which enables deeper cleaning action. Take it further by taking a steam bath or holding a hot towel up to your face before applying the cleansers. This opens up your pores and allows for even deeper cleaning.

## GET MOIST

For some people, eight glasses of water isn't enough to keep your skin hydrated and healthy. Pick a good moisturizer that keeps it from getting dry and cracking. Apply with long strokes from the middle of your face outwards to relax your skin and make it more receptive to hydration.

## OLFACTORY APPEAL

The importance of smelling good is often underplayed. Think of your scent as your own personal pheromone to get the ladies going. Find wash products that cleanse, deodorize, and leave you smelling like a guy that your girl would hop all over.



### WHITENING BODY WASH

A lather that nourishes skin while also fighting body odor, leaving a fresh scent (SRP: P110.00)



### BODY LOTION

A light lotion with CellActive-Men, which restores skin elasticity, leaving skin supple (SRP: P175.00)



### WHITENING FACE WASH

A scrub formulated with kojic acid, keeping skin bright and free of oil (SRP: P173.50)



### WHITENING SOAP

The whitening action of Kojic Acid and Glycolic Acid with Pea Extract and Shea Butter help restore healthier, clearer, softer, and smoother skin (SRP: P78.00)



kojie•san|men®

#### KOJIE SAN WHITENING COMPONENTS



#### KOJIC ACID

Discovered in Japan, Kojic Acid is a by-product of Koji or Malted Rice. Kojic acid is known for its whitening effect and antioxidant properties.

#### GLYCOLIC ACID

An acid found in sugar-crops and used to reduce wrinkles, acne scarring, and pigmentation. It's also known to help with other skin conditions.

#### SHEA BUTTER

An extract of the nut of the African shea tree, used as a moisturizer or a salve. It dates as far back as Ancient Egypt as protection against the sun.

#### PEA EXTRACT

A botanical extract from the seeds of peas. It keeps enzymes from degrading collagen and elastin, ultimately keeping skin firm, stretchy, and supple.



# FIST



# BUMP!

FHM'S FIRST-EVER BROCON BROUGHT OUT ALL THE BEST FOR THE BOYS  
WITH BOOTHS, BABES, AND BRO-TASTIC FESTIVITIES



Rachel Anne Daquis reppin' Petron at the event



Sandwich rocked the stage and delivered an epic performance

Skies cleared and the shady weather subsided last July 11, a Saturday that will go down in history as the first-ever FHM BroCon. Crowds of people descended upon the SMX Convention Center at Mall of Asia for a whole day of bro-tacular fun: booths, games, meet-and-greets, musical acts, and the most beautiful women in the land.

Until the very end, FHM kept the babes coming as only FHM could. The 100 Sexiest Women in The World Victory Party, an invite-only affair, topped it all off with some sultry performances and catwalks struts by the likes of Valeen Montenegro, Arny Ross, Aiko Climaco, Ritz Azul, and Rachel Anne Daquis, and this year's undisputed sexiest, Jennilyn Mercado. Everything about FHM BroCon was fit for the boys: games, tunes, and babes. It was, without a doubt, a great day to be a man.



Lucky guys got to play a game of twister with Tanduay babes

The Zombettes spinning for RRJ, decked out in their threads



This year's undisputed sexiest, Jennylyn Mercado came out to take an unforgettable victory lap and center stage with a crowd roaring and cheering



None other than Maria Ozawa showed up that day as well



Cool booths and performances played on throughout the whole day

FHM Philippines  
July 12 at 1:39pm · 🌐

The scene at #FHMBroCon!



**SPOTTED: Happy Bros at FHM BroCon**

Attendance at SMX Convention Center that day was literally in the thousands

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Most Relevant



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A woman with long brown hair is lying on her back on a white lounge chair. She is wearing a blue and white checkered bikini top and a blue string bikini bottom. Her arms are raised behind her head, and her eyes are closed. She is positioned next to a swimming pool with a blue and white mosaic tile floor. The background is a bright, sunny outdoor setting.

**PHOTOGRAPHY**  
**XANDER ANGELES**  
**OF EDGE OF LIGHT**

**INTERVIEW**  
**MIKEY AGULTO**

**STYLING** BADJ GALIAS-GENATO  
**MAKEUP** JANINA DIZON  
**HAIR** RHOY CERVANTES  
**FOR L'OREAL PROFESSIONEL**  
**SPECIAL THANKS TO SOLAIRE RESORT**  
**AND CASINO**

# the ultimate catch



**UFC Octagon Girl Arianny Celeste is back for another round, and her game plan remains the same: to win you over with her undeniable charisma**







**THAT ARIANNY CELESTE BECAME  
A THE DE FACTO MUSE OF A  
SPORT THAT ENTAILS SO MUCH  
AGGRESSION IS NO SHEER  
HAPPENSTANCE.**

The UFC Octagon Girl has a natural lure for all things frantic and chaotic. Boys of all shapes and sizes clamor for her attention, and they try to get it in the most unruliest approach. How else would you get a woman of her prestige to turn around and look?

We see it when fans roar her name at UFC events, and we witnessed it again during our cover shoot. When they spotted Arianny casually lounging around the pool area in her swimsuit, a bunch of hulking dudes—some of them possibly fighters—subtly

crashed the set, ogled her from a distance, and did things that would make any cover girl feel uneasy. But in true Octagon Girl fashion, she merely acknowledged their presence, flashed them a brief smile, and signaled them to move along. Pretty much something a girl who has been working with aggressive men for close to a decade would do in that situation.

The part-Pinay model made her UFC debut right around the time Pinoys really started falling in love with the sport, so it's only fitting that we associate her with the mainstream success that came to the company in the years that followed. Walking around the cage while holding up a sign and blowing kisses to the camera

is clearly her area of expertise, but it's worth noting that her talents go far beyond the cage.

Arianny, in her words, “took the Octagon Girl thing and ran with it.” She regularly appears on MMA and motoring shows. Graces the cover of fitness and men’s magazines all over the world. Hosts after-parties at clubs. Works around the clock to maintain her figure. Keeps her one million Instagram followers informed of her whereabouts several times a day. Even her schedule permits chaos.

But such is the life of the ultimate catch. There are plenty of reasons Arianny makes people go crazy, the bulk of which lies in the pictures you’re about to see.



arianny







**You attracted quite a number of onlookers during the shoot. Does it bother you when people stare?**

I don't really mind when strangers hang around during my photo shoots, unless they're disrespectful. Otherwise I'll get them kicked out. Ha ha! They're big fans of yours after all. I'll never take my fans for granted. I've been doing it for a long time—I'm one of the veterans, if you could call it that. I've had a lot of fun, done a lot of amazing things, and seen a lot of amazing faces. It's been a really great roller coaster.

**What was it like for you when you were starting out?**

When I started, it was the old-school people: Chuck Liddell, Tito Ortiz, BJ Penn. I miss those guys, but at some point they had to retire. It was really cool to see them start the whole UFC craze.

**How does it feel to be one of the pioneers of the fastest-growing sport in the world?**

It's amazing to see the company grow as much as it has and as fast as it has. I still miss the old-school feel of it, but it's a business that's growing every day. It's an opportunity for these amazing talented fighters to make a living doing what they love, so that's pretty cool.

**Being an Octagon Girl has opened so many doors for you.**

It's definitely a stepping stone. I've hosted TV shows and been on covers of magazines, so it's been really great for me.

**How many magazine shoots have you done? Do you still keep count?**

I don't even know anymore, ha ha!

**How often do you do photo shoots anyway?**

I do photo shoots probably once a week, just because I like to have new content for social media and all that stuff. It's always good to have new pictures. Most people don't realize this, but being an Octagon Girl isn't a walk in the park. It's a full-time job. Your skin has to look good. You can't have pimples. You can't be fat. You have to work out. You have to look good all the time.

**How do you deal with breakouts and bad hair days?**

I'm pretty good at taking care of myself. There are times when I do get pimples, but that's what makeup is for, ha ha!

**Ring girls are positioned near the cage during fights. Do blood and sweat ever fly in your direction?**

Yeah, it happens. I've had sweat and blood come flying to me. I see blood that's not mine on my leg sometimes. It's disgusting, but everything's taken care of. They have disinfectants and towels right outside the Octagon.



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arianny



**You must be used to it by now.**

Oh, definitely not. But it's all part of the game, so what are you going to do? **Red dela Cruz, the UFC's first-ever full Pinay Octagon Girl, is another FHM favorite. You look good together on TV.**

Thank you! I think it's a great opportunity for Red to make a name for herself. It's very cool that I got to work with her. She was really excited. I had a great time working with her.

**Was she intimidated by you at first?**

I'm not sure. I think everyone might be intimidated at first, but once they get to know me they'll see that I'm really nice and humble. I make sure that everyone's happy with their jobs.

**The other Octagon Girls obviously look up to you. Did you have a similar figure when you were starting out?**

My only idol growing up would be Brooke Burke. She's a TV host, a fitness icon, a mom, a classy woman. And she looks great at her age.

**Does ring carding require training in the first place?**

Nobody really trained me to do it. I taught myself. Dana White had to tell me to stop being so nervous. Don't walk so fast. Relax and smile. I just did it myself.

**What's your advice for girls who want to carve the same path?**

It would be good to start in smaller leagues. Make a name for yourself in a good way. Take as many pictures as you can, but don't take pictures with every photographer. Make sure that they're good and you can trust them. Take care of yourself inside and out. Make it a point to eat right, work out, and take care of your skin. It comes with the job.

**You've been with the UFC for a very long time. Do you consider yourself a lifer?**

No. I don't see myself doing this for the rest of my life. I love the UFC—it has been an amazing platform for me—but there's going to be a point where I have to move on. You know how it is.

**Are there other things you'd like to prioritize in the long run?**

My priority now is to enjoy life. Before, I was gone for every single event for seven years. I had no social life. I would be home for two days and was gone for the rest of the week. Now I want to take care of myself. I'd love to do things for myself, like go on hikes and work out. I'd love to travel for pleasure. My priorities have changed. I have a social life now.



**What would it take for you to slow down?**

I would love to slow down with the right...predicament. Ha ha! I'll do it when I meet the right person. I'm a family person, I want to have kids and have a family. Hopefully I'd meet the right guy and figure it out from there.

**Tell us more about the right guy.**

I like guys who are driven, kind, strong, and family-oriented. I like people who treat me with respect. I'm very independent and sometimes that's hard for them to grasp. It's going to take someone really strong to slow me down.

**Some athletes abstain from sex days before a sporting event. Do you maintain the same policy?**

No, I don't really maintain any policies. Let's just leave it at that. Ha ha!

**We read somewhere that people burn an average of 70 calories during sex. So...how many calories do you burn in a week?**

I work out a lot, so I burn a lot of calories. Is this a trick question? Ha ha!

**Do you believe that great fighters also make great lovers?**

I'm not really sure, but I would think so. I see how they roll around the Octagon, so they probably do that with their girlfriends as well.

**Are athletic girls better in bed?**

I'm very athletic, so I would say so. All I know is athletic girls probably aren't as lazy as girls who don't work out.

**Forgive us for asking, but what's your take on dad bods?**

I don't mind dad bods, I guess. It's all about the confidence that a guy has. If you're confident then a six-pack is

the last thing you should care about. I can't stand guys with six-packs who think they're so cool when they're not. There has to be something behind the abs to catch my attention.

**Are you basing this on real-life experience?**

Oh, I know a whole roster of fighters who are like that, ha ha!

**We obviously don't have six-packs. Can you teach us how to be more confident?**

Being confident is a state of mind. If you take care of yourself, eat right, and work out, you're going to feel great about yourself whether you have a six-pack or not. You're going to be able to go up to a girl and tell her a funny joke. She's going to laugh and you'll feel great about it. You just have to have a great personality. **FHM**



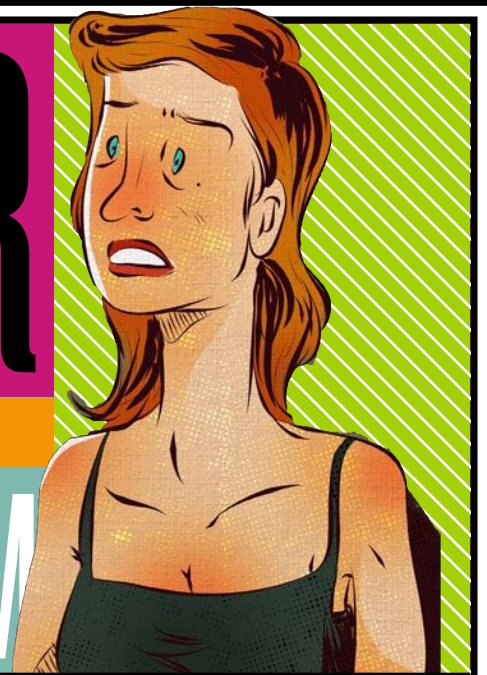




ILLUSTRATIONS: JEREMIAH IDANAN  
WORDS: PONG CASTILLO

# ANOTHER

## WORD FROM



# HONEY!

**FHM BREAKS DOWN EVERY  
AGE SHE HAS IN AN ARGUMENT  
AND FORMULATES FOOLPROOF  
COUNTER-PLANS THAT WILL  
LEAVE HER DUMBFOUNDED  
ENOUGH TO SHUT UP**



# 'KAILAN MO AKO IPAPAKILALA SA FRIENDS MO?'

**THE SITUATION:** Three years into dating yet you still keep her inside the tiny bubble that is your relationship. The first few months you were together, she really didn't mind you putting all time and effort for just the two of you, but now you're past the honeymoon stage, she feels it's time you took a step to the next level. "What's wrong with me?" she asks. "Why can't I hang out with your bros?"

**YOUR USUAL RESPONSE:**

"Nothing's wrong with you, *di lang sila sanay na may kasamang girlfriends.*"

**WHY IT'S NOT WORKING:** It has literally been years since you hooked up. She has blabbed about you to her friends countless sleepovers already—in fact you've already met a few of them. You might have it worse when she starts to think that you're a loser—and maybe you really don't have friends to introduce her to, after all.

**THE SNAPPY COMEBACK:** "*Gusto mo friends na lang din tayo?*"

**WHY IT WILL WORK:** After the introductory small talk with your friends, she'll appreciate some time with girls who share the same sentiments as her. Plus it makes you and your friends play the wholesome-boyfriend role once in a while.



# 'SINO NA NAMAN KASAMA MO?'

**THE SITUATION:** Everything's going well. You are on a boys' night out, and she actually knows about it. Great. But the problem pops up the morning after when she's scrolling through her online feed and she sees a photo of you with unknown people—a number of them girls in tank tops—with beer in hand, and your arm over a girl's shoulder. In your defense, it's a group photo. *Walang malisya.* But the issue rests on the fact that you did not inform her about it. Remember, she has to know everything. Or at least feel like she knows everything.

**YOUR USUAL RESPONSE:** "Oh that's nothing, just a few people we met last night."

**WHY IT'S NOT WORKING:** Nothing much will work on her, especially that she was literally out of the picture. All your answers are invalid at this point.

**THE SNAPPY COMEBACK:**

"*Matakot ka kung lalaki nakayakap sa akin.*"

**WHY IT WOULD WORK:** She really wasn't there anyway, was she? Since she won't take a decent explanation for an answer, why not rub it in her face that it's none of her business? Did you do anything sketchy? No? Good. If yes, you better start praying to the gods she won't find out.

# 'DAPAT NAG-IIPON KA EH'

**THE SITUATION:** You know how wedding fees are ridiculously high, and at the rate you're going with your sneakers collection, you're far from affording even a simple civil wedding rite. Meaning, you can't propose just yet, unless she's fine with a tacky engagement ring. And if you do, would you really settle for a guest list of 20 people? We don't think so.

**YOUR USUAL RESPONSE:**

"*Meron pa naman akong nakatabi...*"

**WHY IT'S NOT WORKING:** Sure you've got it all covered—only everything is charged to your credit account, and your cash flows directly to the banks. There's no way you're going to make her dream wedding happen. Heck, you even failed to cook something up for your anniversary.

**THE SNAPPY COMEBACK:**

"*Pera lang ba habol mo sa 'kin?'*"

**WHY IT WILL WORK:** For good measure, follow up with the chorus from Kenny Loggins' *Danny's Song*: "*Even though we ain't got money, I'm so in love with you honey... And everything will bring a chain of love...*" Teary-eyed.





## 'BAKIT FRIENDS PA RIN KAYO SA FACEBOOK?'

**THE SITUATION:** Make that all of your social media accounts. If she sees you're still in (virtual) contact with your ex, you will never hear the end of it. She won't understand that you and your ex have the same circle of friends, or that she's remained close with your family. Unless you unfriend/unfollow your ex, the virtual world will never be at peace.

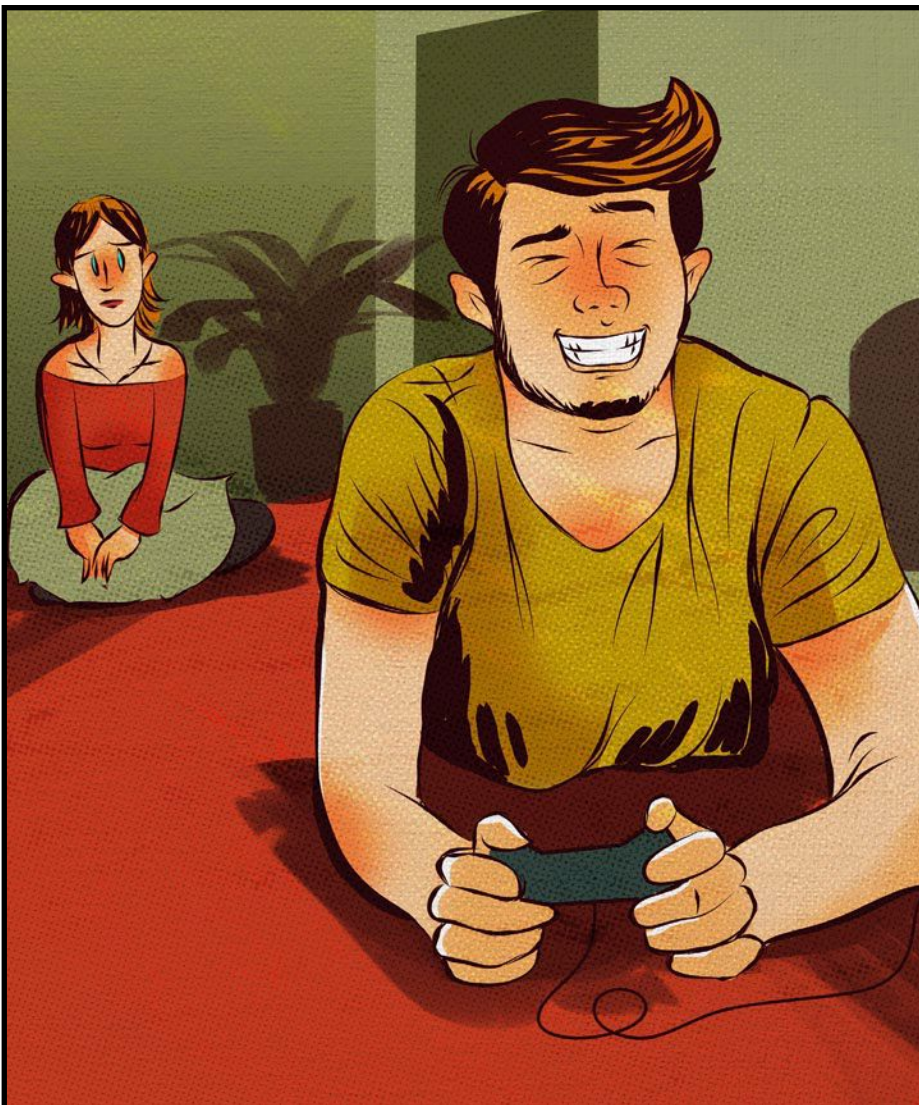
**YOUR USUAL RESPONSE:** "*Hindi naman kami nag-uusap, hon.*"

**WHY IT'S NOT WORKING:** Well, maybe she knows that already, only she doesn't give a damn, really. For her that's just keeping your lines with your ex open, and that is tantamount to cheating. Therefore, you're nothing but a cheating, lying, mentally and emotionally unstable douchebag.

**THE SNAPPY COMEBACK:** "*Sige, i-a-unfriend na kita para hindi mo makita.*"

**WHY IT WOULD WORK:** It was actually a good breakup between you and your ex, and it's more douche-y for you to delete her and everyone connected to her on Facebook. Your new girl just needs to know it's simple as that. Plus if you're going to cheat, wouldn't you do a better job at being discreet?





## 'OKAY LANG BA AKO KINA TITA? ANONG SABI NILA?'

**THE SITUATION:** She has bugged you to introduce her to your kin just as much as your Tita Girly had asked you about her in family reunions. Now that you finally tagged her along to meet the folks, she won't stop asking you what everyone thinks about her. "Do they like me?" "I think Tita Girly gave me the eye roll..." "I should probably talk more..." What you thought would give her peace of mind has turned into episodes of paranoia.

**YOUR USUAL RESPONSE:** "They think you're really nice."

**WHY IT'S NOT WORKING:** This is exactly what she wants to hear from you, but giving her that kind of an answer makes her want to get more compliments for affirmation. You will not hear the end of it.

**THE SNAPPY COMEBACK:** *"Masyado ka raw ma-tanong."*

**WHY IT WOULD WORK:** Keeping it vanilla will make her hungrier and thirstier for answers, sure. But sooner or later, she will realize that it's really not much of a big deal. If she sees that she might be making too much fuss out of her every visit, then she'll learn to calm down and be more herself rather than trying her hardest to impress your family.

## 'ANONG ORAS KA NA NAMAN UUWI?'

**THE SITUATION:** It doesn't matter if you are out with the boys on a sneaky Friday night on Quezon Avenue or you really are working your ass off in the office overtime. When this question is raised, you know the missus is already held up by the door, waiting for you to come home and give you some live nagging. But while you're still on the loose, she's armed with a fully charged phone, peppering you with calls and text messages in all caps every five minutes. No matter her reason, make sure to answer her calls and reply to her texts. Every time you ignore her, her aggression doubles. Be warned.

**YOUR USUAL RESPONSE/S:**

"Promise, last bottle *na*."

"Para sa future natin 'to."

**WHY IT'S NOT WORKING:** You really wouldn't go on overtime alone while your colleagues spend their post-work shenanigans together, would you? Yes, she saw it on Instagram because she's practically befriended your office buds online for easy tracking of your whereabouts. Also, giving her that excuse would make her think you've got the *mañana* habit bad.

**THE SNAPPY COMEBACK:** *"Sa tamang oras."*

**WHY IT WILL WORK:** Girls hate it when you lie to them, so quit giving her empty promises that you are on your last bottle and that you'll be home in an hour. We all know you aren't. What's true is that everything will happen—and end—in its right time. *Apir, bro!*





# 'LAMBINGIN MO NAMAN AKO...'

**THE SITUATION:** It will seem like she's prodding for something beyond your capability and willingness, but what she's really looking for are your flowery words and gentlemanly caresses—the gestures that got her to say yes in the first place. Suddenly it has become a big deal because you really don't keep track of the rare times you're *malambing*. For you, things just don't get grander than how they are, unless you are elated by a special occasion or you're on your casual *topak* to be Mr. Romantiko.

**YOUR USUAL RESPONSE:** "*Hindi ba ako malambing?*"

**WHY IT'S NOT WORKING:** You're digging a deeper hole. If she has to ask for it then clearly you are not *malambing*, and whatever it is you're doing, it's just not working. By asking her this question you make yourself vulnerable to her rants. Blame it on Buzzfeed lady-lists to tearjerker wedding vids, the bar has been set anew. "10 Ways to Know He's Not Into You Anymore," or "Best. Wedding. Vows. Ever!" You've got some keeping up to do.

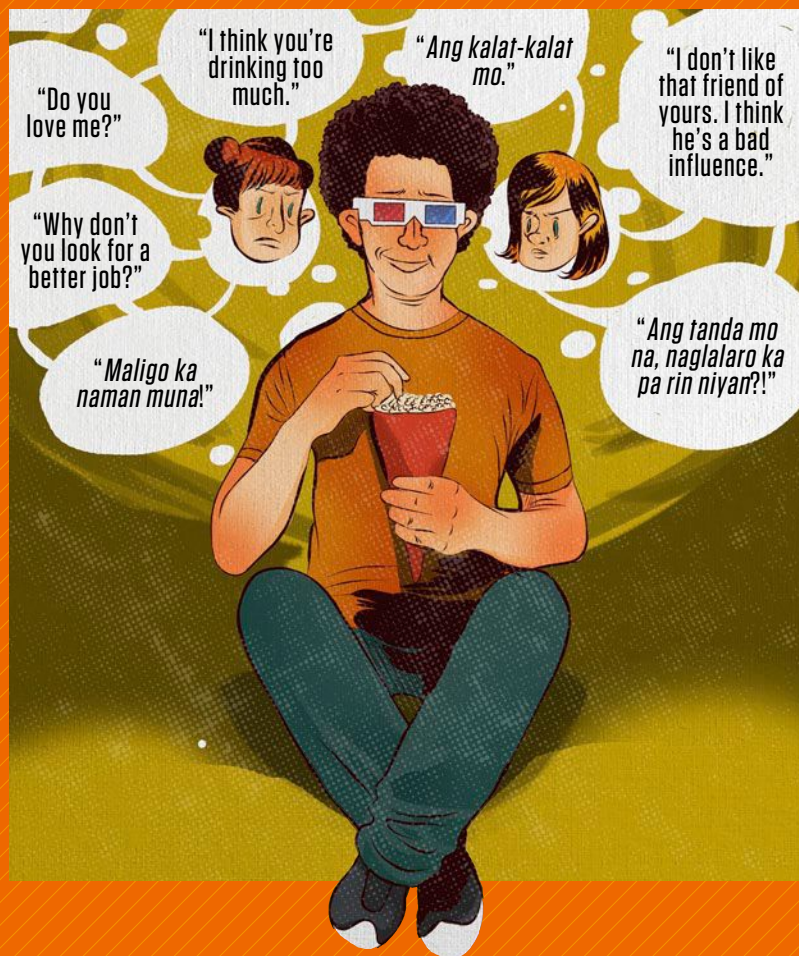
**THE SNAPPY COMEBACK:** "*Tigilan mo na kakanood kay Jason Magbanua! Walang forever!*"

\*If you are paying close attention to your girlfriend's list of "What to Watch," you'll know that this dude is to blame for the dreamy wedding videos.

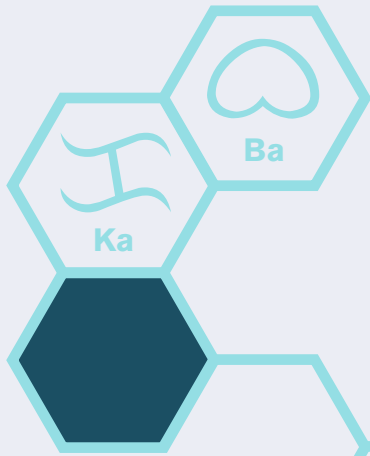
**WHY IT WILL WORK:** A slap back to reality is always a good thing. Remind her that she's not with a real prince, and that all you could ever be is charming.

## SHE GOT IT FROM MOMMA

You won't admit it, but your girlfriend and your mom are more alike than you think.

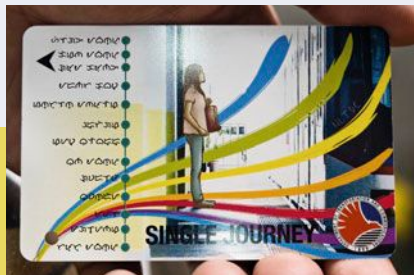
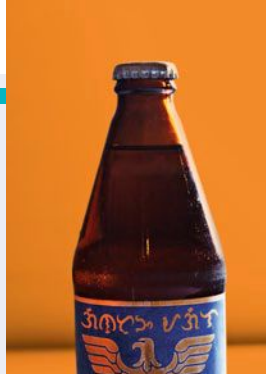


**Ngayong Buwan ng Wika,  
huwag nating kalimutan  
ang marikit na regalo na  
ibinigay ng ating mga  
ninuno ilang siglo na  
ang nakalipas. Sabayan  
ninyo kaming magbigay  
ng bagong buhay sa  
nakalimutang bahagi ng  
ating kultura**



**BAGO ANG  
LAHAT, ISANG  
LAKBAY ARALIN  
SA PAGSULAT NG  
BAYBAYIN**





MGA LARAWAN:  
MARK  
JESALVA

SA PANULAT NI:  
CHISE  
ALCANTARA

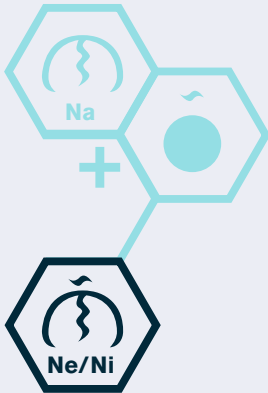
# Baybayin

BAYBAYIN



Kung nakapag-Laboracay ka na, pusta naming nasilayan mo na, kahit minsan, yung mga *henna* tattoo na nasa likod o nasa mga braso ng mga nakahubad na ginoong nagpapaka-#yoloswag doon. Kung hindi Hapones, Ingles, Intsik, Kastila, o kung ano pang mainstream na wikang ginagamit sa pagpapacool ng mga tao sa pangalan nila, malamang Baybayin na nga yung nakita mo.

Nakapanghihinayang lang talaga na nakikita lang natin ang Baybayin, na malaking parte ng ating kultura bago pa tayo nasakop ng mga Kastila, sa mga aklat-aralin at mga katawan ng ibang mga lalaki (na pareho naman nating ayaw aralin) kaya naisipan naming maghanda ng isang patikim, isang silip, kung ano kaya yung itsura ng mundo kung itinuluy-tuloy natin ang paggamit sa sobra naman talagang gandang pamamaraan ng pagsulat na ito. Tara, kilalanin natin ang nakalimutan; at ihanda ang ating mga sarili para mabighani sa ganda ng sarili nating pagsulat.



## PANGALAN NG MGA KALSADA

“Ay pare, kita na lang tayo sa ငရဲ (Canley), sa tapat lang ng ဝိဇ္ဇာရုံ (Victoria Court).”

“#@%!\$#, ANO?!”

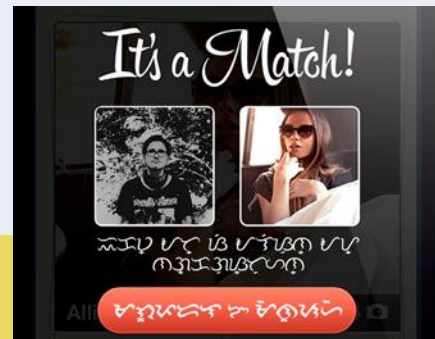
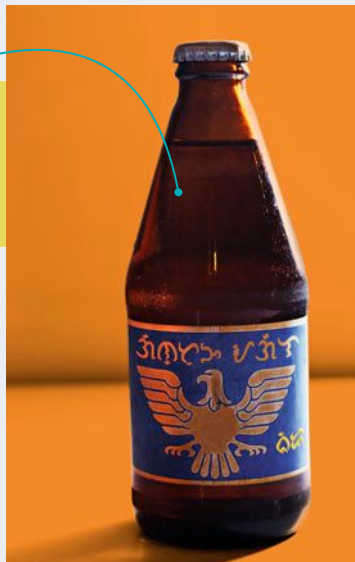


### SENYAS “STOP” HINTO! TIGIL!

STOP hanggang you get enough! Nakawiwindang din siguro kung hindi mo alam kung ano yung ibig sabihin ng mga senyales pang-trapiko, noh?

### SERBESA

Kabilin-bilinan ng lola, wag kang uminom ng serbesa! Pero papayagan ka naman siguro niya kung nakita niya kung gaano ka astig 'tong disenyo ng bote kapag nasa Baybayin.



### PANUKAT SA LAYO NG DESTINASYON

“Pare, malapit na, konting tiis na lang. Sabi nung sign, ‘3-လမ်း ဝိဇ္ဇာရုံ (U-Turn sa Ortigas)’ na.”

### APPS

Dahil medyo deliks at sayang kung hindi mo alam kung swipe ငါး (kaliwa) o ငါး (kanan) para mag-match kayo.



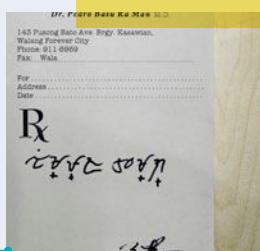


## KEYBOARD NG COMPUTER

Bagong install sa *computer shop* na pinaglalaruan ninyo tapos may naka-schedule na pustahan kayo ng mga taga-kabilang baranggay. ႁႁႃႈ ႁႃႈ (GG kayo, sir).

## RESETA NG DOKTOR

"Parang parehas lang naman ah."



## UNIPORME

"ႁႃႈႁႃႈႁႃႈ goes in for the *no-look-three-point-hail-mary fadeaway*... papeng! Patay ang butiki!"



## PABALAT NG MPSK (MAGASIN PARA SA KALALAKIHAN)

Magpapahuli ba kami? Siguradong hindi pa kayo nakakakita ng ganyan ka seksi na logo ng magasin!



## ILANG ARAL MULA KAY PROPESOR JETHRO NIÑO TENORIO, MULA SA KAGAWARAN NG FILIPINO NG UNIBERSIDAD NG ATENEO DE MANILA

**1 Alibata ang nakilala noong tawag sa Baybayin, pero mali ito.** Mula kasi ang alibata sa nosyon na alpabeto ito (na mula naman sa Griyegong "alpha" at "beta"). Subalit hindi nga alpabeto yung Baybayin dahil silabaryo ito. Ibig sabihin, bawat simbolo ay kumakatawan sa isang pantig o *syllable* at hindi isang tunog (tulad ng alpabeto).

**2 Maganda ring tingnan kung paanong nasa salitang Baybayin ang "baybay" na nangangahulugang "pagsulat" o "spell" at "tawid" o "daan" (pandiwa Baybayin).** Ibig sabihin, may kilos ng pag-usad ang pagbaybay. Kapag sinabi rin nating Baybayin, nangangahulugan din ito ng tabing-dagat, kung saan posible

nating natutuhan ang Baybayin—dahil sa pakikipagkalakalan. Kaya nga kapag sinuri ang mga simbolo ng Baybayin, karamihan ay mukhang alon o kilos ng tubig.

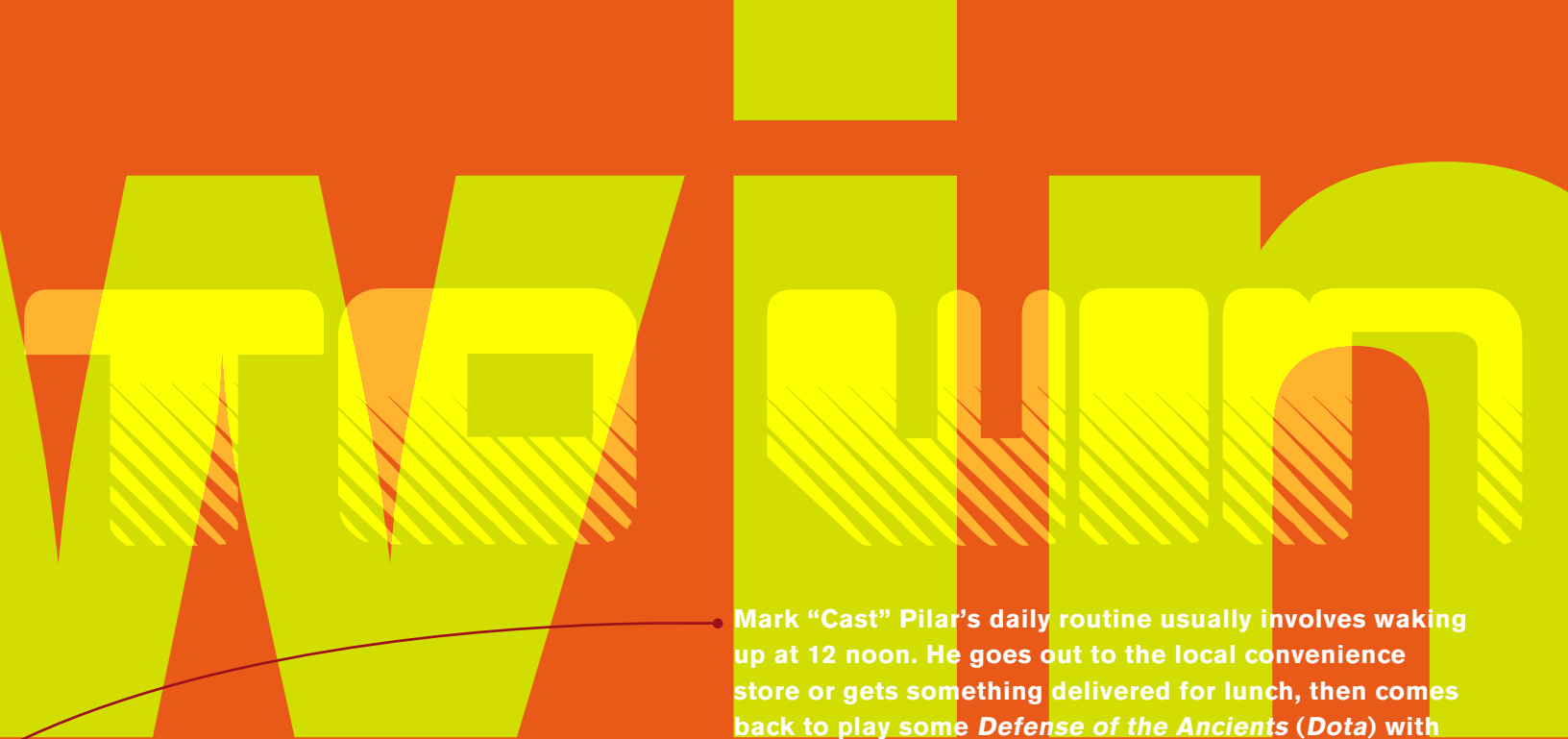
**3 Matagal nang hindi itinuturo ang Baybayin.** Panahon pa lang ng mga Kastila ay tinalikuran na ito. Noon, ang dahilan ay pag-ayon sa panahon. Hindi na kayang i-codify ng Baybayin ang mga salitang Kastila dahil sa limitasyon nito pagdating sa nalilikhang mga tunog. Dahil din wala ang huling katinig ng isang pantig, nagpasok ng pagbabago ang mga Kastila sa Baybayin. Ito yung *standalone letter* na nabubuo sa pamamagitan ng pagkukudlit ng krus sa isang pantig.

WORDS ASH MAHINAY  
PHOTOGRAPHY PAUL MONDOK

# play to

**E-sports, or competitive video gaming, is the next generation's playing field—and we're not getting left behind this time**





Mark “Cast” Pilar’s daily routine usually involves waking up at 12 noon. He goes out to the local convenience store or gets something delivered for lunch, then comes back to play some *Defense of the Ancients (Dota)* with random people to stretch his mental legs.

Dota is a five-on-five video game, where the team’s goal is to destroy the enemy’s giant glowy fountain called the Ancient. There are 110 heroes to choose from, with different abilities such as spitting poison, invisibility, healing, teleportation, and even turning into a giant snowball. Games can run from one-sided 20-minute victories to one-and-a-half-hour epics.

Every day, at 4 p.m., Mark, 28, and his teammates—Ryo “ryoyr” Hasegawa, 22; Djardel “Chrissy” Mampusti, 20; Jio “Jeyo” Madayag, 22; and Michael “ninjaboogie” Ross, 23—join him in practice. This can include scrimmages against other organized teams and lasts until around 10 p.m. Cast can then mess around with his free time or go to sleep. With the rest of his team. Because they are actually together in one house. In Korea.

This August, the *Dota 2* team that wins The International 5—pretty much the World Cup of e-sports, and it’s a “sport” because the discipline, the competition, and the fan fervor is no different from any other sport—gets around 50 percent of a \$15-million prize pool. That’s over \$7.5 million—more than what Chile won (\$4 million) at South American football tournament Copa America, and the \$4 million that San Antonio Spurs bagged for rolling all over the Miami Heat last year.

And a Filipino team—Cast’s—came very close to joining that fight. Meaning they won’t get a shot at big money not because they sucked at *Dota*, but because as with all things involving big money, sports or otherwise, controversial decisions are often made. But we’re getting ahead of the story.



The moment Invictus Gaming tapped out to Rave in Game 3 of their 2015 Dota 2 Asian Championship 2015 matchup by calling "GG WP" or "Good game, well played."

## The Korean dream

Cast's team is Rave, an all Filipino Professional Dota team, based in Incheon, South Korea. The Koreans actually came up with the term e-sports first. After the late 1990s Asian financial crisis, the South Korean government made telecommunications infrastructure, aka great Internet, a priority (they now run at a world-topping blit rate of 24Mbps). So while we were all goofing off on party lines, Korean youth were piling into PC bangs (their term for internet cafes) and already playing games online. The government established the Korean E-Sports Association (KeSPA) very early in 2000, and accelerated the growth of professional gaming. This mature environment is why it's not a bad place to play.

How did Rave end up being all-Pinoy? It begins with Cast.

"Nag-start ako maglaro ng Dota nung first year college ako—Dota 1 pa lang nun," says Cast. "Nag-start ako sa palaru-laro lang. After mga ilang months nag-start na akong mag-compete either sa pustahan or tournament (see sidebar—How Dota turned into a professional big money game). Nung nag-start yung first-ever Mineski Pro Gaming League way back in 2010 [Mineski is an internet shop chain and event organizer], yung team namin yung nanalo. Team Pagibig ang pangalan namin nun at magbabarkada kami."

Cast quit school in 2012 to play competitively fulltime. His MSI-sponsored team was a strong contender in local tournaments, and he played alongside future Rave members Ryo and Djardel. Later in 2013, Cast was invited by a Korean team—Eyes of Tiger, or EOT—after getting to know them through scrimmages and needing a replacement for a leaving player. Being the captain of a successful team probably led to the manager making the call as well. Yes, Eyes of Tiger, then a promising team that finished runners-up in the first offline Dota 2 tournament in Korea.

Despite his addition to the team, EOT was under-performing, so Cast suggested to his manager to bring in Ryo, Chrissy, and Jeyo. Pyeong "Pyung" Kwon was the fifth man on the squad, but he later gave way to Ninjaboogie and the transformation of EOT into an all-Filipino squad was complete.

However, a further lack of success saw them getting dropped by their sponsor. Rather than calling it a day, the team decided to stick it out. "After mag-decide ang sponsor na bitawan na kami, si Pyung na lang ang naiwan sa amin," Cast says. Pyung took the managerial reigns, borrowed money from his parents to secure a team house, and in June 2014, EOT was reborn as Rave.

"It's really hard because we're all very far from our comfort zone," Cast admits. "Most of the time homesick kami. Then, the cost of living in Korea is quite high compared with the Philippines. We survive on a daily basis solely through our winnings. In short, if we don't win, then we won't have a decent meal for the day." Jeyo claims he lost 15-20 pounds from only being able to eat once a day. Monthly tournaments all over the world—many open to regional and even international competitors, it's the internet after all—prize pools range from \$10,000 to \$100,000 pots, and vary in duration from a competition weekend to months-long leagues. Win something every month, and survival shouldn't be impossible. Get unlucky though and you end up with a well-known Internet story about your team living off nothing but eggs for a week.

"Totoo yun," says Chrissy. "Lahat ng prize pool namin, diretso sa bills naming—sa bahay, sa rental, sa lahat. Nagtitipid kami para may pera kami kahit papaano."

The pros of life abroad? Fast internet and less distractions from training—pretty much the only thing they do all the time. This "loafer's life," despite its seeming lack of direction, has paid off for the team in a major way.

## Making history in Shanghai

The 2015 Dota 2 Asian Championships in Shanghai last February was the second largest tournament in Dota, aside from the annual International held by its developer, Valve. The 16-team tournament isn't a strictly Asian affair, as they also invite the top teams from other continents. Rave was one of two teams from Southeast Asia invited. They defeated Invictus Gaming, a top-tier Chinese squad, and narrowly lost 2-1 to Big God, another heavily favored Chinese super team, en route to a fifth-place finish and a \$150,000, or P6.6 million, payday, the largest amount any Filipino e-sports team has ever won.

More importantly, Rave's strong underdog performance against the locals gained them the respect of the e-sports scene. Rave's performance was such that when time came for the invitations to The International 2015 (or TI5) to be sent out in May, many expected them to receive the sole



SEA region invite. The pinnacle of Dota, and e-sports as a whole, was well within the Pinoy team's reach.

But, in a move that surprised many, Valve sent the prestigious direct invite to Team Malaysia instead. When asked whether he felt it should have been them, Cast simply says, "In terms of roster stability, yes. But in performance, no."

Valve had said that roster stability, or how long a team has been together, was part of the criteria in invitation. Team Malaysia was only formed in March, while Rave had been around since 2014. On the flipside, the Malaysians performed strongly in their short lifespan, while Rave didn't have much aside from the DAC win under their belt recently.

This stability vs. performance metric led to several famous players reacting in support of the Filipinos. On Twitter, Aui\_2000 of American team Evil Geniuses asked, "How does MY get an invite over Rave, what a joke," while international all-star group Team Secret's Arteezy said, "If Rave doesn't get an invite, GG" [slang for good game aka it's over]. For context, that's comparable to a Scottie Pippen and LeBron James saying you should have made it. Cast says: "We felt really happy, because being recognized by those professional players meant a lot to us. It somehow boosted our self-esteem despite the misfortunes that happened to us before the TI Qualifiers."

They had a second chance to join the tournament: the qualifiers—wherein one more team from each region gets a pass to the main event. The drawback is you'd have to





beat the best of the rest, of course.

Rave finished a strong second in their SEA qualifier group, level on a 3-1-0 standing with first place MVP Phoenix, but were ultimately eliminated by the Korean team when they met again in the second round. Internet haters then used this opportunity to make fun of "peenose" and say that Valve were correct in denying Rave an invite.

"I think the other teams were much more prepared than us, says Cast." They even spent a lot of money just to go to Singapore to play with a more stable ping." During the qualifiers, Rave had several problems with their Internet, which led them to play at a disadvantage.

But Cast isn't blaming things like that for their loss. He recognizes that other teams simply worked harder. "They train more than 10 hours a day and they have a nice coach guiding them," he says. "Pyung is just our brother and manager—we never had a coach ever since we formed the team."

But despite how agonizingly close Rave came to the big stage, this actually wasn't the best performance ever by a team carrying our flag.

## Mineski

That distinction came in 2011 when Team Mineski was directly invited to the first-ever The International (then with an unprecedented \$1 million prize). Backed by the eponymous computer shop chain and event organizer, Mineski only managed one win before crashing out. But in true Pinoy fashion, it was an underdog win against OK.Nirvana, a Chinese team favored to win the entire tournament. e-sports news site Gosu Gamers called it the biggest upset of the century.

Two members of that 2011 squad—**Joshua "Owa" Dela Serna**, and **Julius "Julz" De Leon**, both 22—were undergoing "boot camp" when we visited them. Their small team house in Quezon City is also a Mineski stockroom, and they all bunk together in a small room. Despite the humble setting, the duo has come a long way.

"When we were invited to TI, wala kaming alam eh," shares Owa. "Bigla na lang nagsabi yung manager namin na, 'Mag-practice kayo, pupunta kayong Germany, sasali kayong TI.' Di namin



alam na ganon kalaki yung event...18 pa lang kami nun. Hindi rin namin alam magkano yung prize...dun lang namin nalaman talaga." "Wala kaming pakialam, laru lang," Julz adds.

Mineski might have scored a famous win, but they didn't score any actual money, and by the time the young players truly realized what they got into, they were already on the way home. Owa says, "Siguro if we won, mag-aaral na kami. Iba yung naging dating sa akin ng pagkatalo—bigla akong tumigil, ewan ko kung bakit."

"Stop playing?" we ask.

"Hindi, stop sa pag-aaral," Owa answers.

"Naisip kong parang sayang. Naging desisyon kong magserioso sa paglalaro."

"Nung nalaman na namin yung prize, naisip namin na may pag-asa pala kami," Julz says. "Kasi isang panalo pa, may P1 million na kami. Isang win na lang, pero nagkagulo-gulo."

"Three hundred thousand pesos each," adds Owa. "Pero wala. Wala kasing plano." He tells a story that illustrated the gap between foreign teams and them back then. "Lahat ng team, yosi break kunwari, nagkwekwentuhan. May magtatanong: 'Ilang oras kayo nag-training?' Pare-parehas sila ng oras na binigay, mga 200 hours," "Kami mga ano lang...18 to 20 hours," Julz says.

## Bridging the gap

Ronald "Rhom" Robins, founder of Mineski and a pro gamer himself, is also regarded as the father of e-sports in the country. His end goal? "Gusto ko ang Pinoy, maging globally competitive in every e-sport title." After a history of wasted chances, how can we finally make the bigs?

"I've been analyzing the scene...looking at the best Filipino players na nadaplisang ideology ng ibang bansa, like Rave who went to Korea," he shares. "I went overseas, asked yung mga kaibigan natin sa Garena [an e-sports publishing company], si John Chong [CEO] he has the same intents sa League of Legends [LoL is a game played through Garena and "rival" sport to Dota. So John is basically Rhom's alternate universe version] kasi he wants Filipinos to win. So for that to happen, he also studied neighboring countries to see what they are doing differently: and they have additional support outside the managers."

Rhom compares us to the elite. "Usually ang nag-re-reign yung European and American Teams. Ang kagalingan kasi nila, they are more disciplined. Usually, the players have a higher level of education, so they can coach themselves. They usually play with a team, and one is a playing coach, not a manager."

"Ang mindset ng mga Pinoy, 'Ah, limang malalakas tayo, panalo na yan.' Yes, panalo kayo sa Pinas. Totoo yan. Maghanap ka ng limang malakas, pagsamahin mo, ipaglaban mo, they can win. Philippine teams use skill

but lack strategy. *Ang pinakakulang natin* is like a Popovich [NBA coach Greg Popovich, San Antonio Spurs] sa basketball. Somebody who can give the fundamentals to these young and talented players.

"Rave had a very good run. Why? Because they were managed by a Korean. The Korean is not a professional player per se, *pero* he was playing competitively and he had his own team...and *yung mga* pro players *dun* become coaches and manage new teams because they know what it takes to win."

## Play for pay

Can you actually live as an e-sports athlete?

"I treat playing as their job and as their career, not just a pastime. Because they are getting paid to play," says Rhom.

"*May players na sinasahuran namin ng above-minimum wage (currently P481 in Metro Manila),*" he adds. "And every time they win events, they get everything. There was this one time *na ang* monthly payout *ko sa* players *ko* was, like, P120,000 each. *Alam mo ba kung magkano ang sahod ng* Olympic swimming team *dito*? P6,000 a month. *Ikaw, titigil ka ba sa pag-aaral at lahat-lahat para sa* P6,000? *Paano ka kakain nun?*"

However, the prize distribution in e-sports often heavily favors the champions, with lower-ranked finishers getting much smaller purses—and we're already talking about the elite level. Winning, and winning hard, is the only way to survive, and Owa says that it's a choice a gamer must take. "Kung ito na yung pinasukan mo, dapat gawan mo ng paraan para ma-sustain mo," he says. "Kailangan mo talagang magsakripisyo, kasi pag may naabot ka naman [na panalo], wala lang yang sahod—*pang-survive lang yun kumbaga.*"

Chrissy adds: "*Hindi [kaya mabuhay sa pagiging gamer], sa allowance lang—medyo gipit. Pero kung laging panalo, kaya. Malalaki din naman ang prize pool ng mga tournament sa SEA.*"

Cast agrees: "Kaya, but not for a lifetime. You should learn how to manage your winnings wisely and invest."

Rhoms remembers how he took care of his team in the early days. "Galing ako sa Chinese Family—*medyo okay naman ang pinanggalingan namin. Pero naranasan ko yung gutom nung lima*; [the original Mineski team]; *yung baon ko ang pang-kain nila. Dati iniisquatter namin yung mga canned goods ng pamilya ko.*"



**Clockwise: Team Mineski didn't have any photos of them actually competing in The International, because only six of them flew abroad—and they were always all on stage at the same time; Cast and Chrissy inside their new computer shop; 2015's Team Mineski undergoing training camp. A souvenir shot from 2011.**

But to make it to the cream of the crop, have a good year at the top with, say, P200,000 to P300,000 in winnings? "Well, that is enough to raise a family [depending on the standards of living]. Julz is his family's breadwinner. He pays for everything—even the tuition of his brother. But every year it [the money in e-sports] is increasing," Rhom encourages.

## The future

Rhom goes old man mode. "*Dati, sa sampu mong kaklase sa eskwelahan, mabibilang mo na dalawa dyan nagko-computer, walo dyan nagba-basketball,*" he says. "*Yun ang uso eh. 'Pre, sabado, ano tara basketball tayo! Yung iba, tahimik na lang— 'Tara punta tayo sa shop.' Ngayon baliktad na. Dalawa na lang ang nagba-basketball, walo sa computer shop na. It's accessible, fun, cheap, di kailangan matangkad, mabilis lang ang utak.*"

If there's one thing we don't lack, it's potential. Organized support is an entirely different issue. But there was one unlikely hero: Senator Benigno "Bam" Aquino IV.

"Ang Rave nakarating sa US dahil kay Senator Bam," says Rhom, "*Kasi kung bago ang passport mo, walang laman ang bank account mo, wala kang trabaho, asa ka pa [makapunta sa States] di ba? Pero si Senator Bam, sumulat, pumasa. Ang ganda nga nung papel niya, nakita ko pa. Iba pala ang papel sa Senado.*"

Many in the scene agree that E-sports is just waiting for its Azkals-like moment—the one victory which captures the public's imagination.

"Yun yung hinihintay namin talaga," Owa says. *Kasi alam mo naman ang mga Pinoy, sa trending yan eh. Kung ano ang uso, 'Oo sige, mag-Dota ka na lang,' ha ha!*

## Epilogue

"*Sa umpisa siyempre, tutol yung parents ko sa pag-do-Dota ko,*" Cast admits. "*Kasi gusto nila makatapos muna ako ng pag-aaral. Pero pinatunayan ko naman sa kanila na may patutunguhan yung pag do-Dota ko, hindi puro laro lang.*"

He's not going to be able to do it by possibly winning in next year's The International. As we go to press, we were informed that Rave has disbanded following their failed qualification campaign last June. But Cast and Chrissy are still partners in a computer shop they are setting up in Cainta. Cast's parents should be pretty damn proud. **FHM**

## FROM GAME TO SPORT

1994

Video games are thought of as solo loner activities—and that's pretty much true for a time.



The first Internet-capable games like *WarCraft* let people play and piss each other off online with ease.

1999

Playing other humans leads to *pustahan* (with games like Counter-Strike) in Internet shops. These shops decide to hold mini-tournaments.



Larger tournaments are professionally organized. Actual money begins to be offered to winners.

2000

Tournaments become international in scope and gaming begins to be referred to as a sport.



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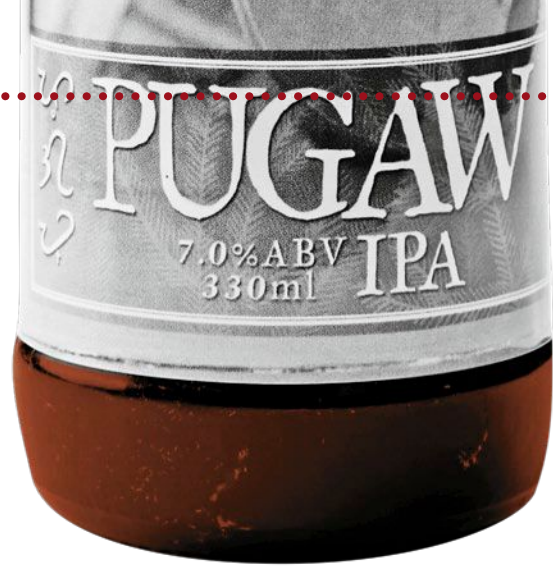


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PHOTOGRAPHY  
JEEB BALDONADO

WORDS  
KHYNE PALUMAR

The next step to a finer drinking experience isn't moving on to rum, wine, or whisky—it's just choosing better brews

# Beers


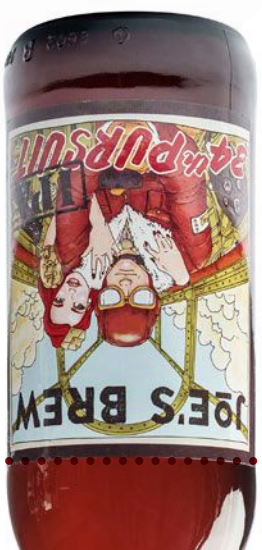


## N'T AT ALL TASTE LIKE PEE

To be clear, there is no “bad” beer.

There are beer bottles that weren't stored properly, which result in *lasang ipis* and *lasang latak*, if you want to nitpick. And there are “flavored” beers, but those don't count. For the most part, the familiar Pinoy brewery that carries all the brands you've been drinking ever since (including Gold Eagle, if you went there) has been around for over a century. Anyone who has practiced brewing that long should have the formula down pat.

There is, however, such a thing as taste preference—and for a while now, there's a growing following of beer drinkers who are developing a taste for craft beers. Beer brewed in small batches by a handful of people, with ingredients made from scratch, with flavors more “robust,” and with shorter shelf lives than their commercial counterparts. Never mind that they're twice to four times the price of regular beers. For their growing cult following, these are the better beers.



## BREWERY: JOE'S BREW

**OWNERS:** Joey Viray, Marco Viray

### FRESH COMES FIRST

**MARCO:** A lot of commercial brewing uses mostly extracts. We do all-grain brewing: all the ingredients we have start from scratch.

**JOEY:** We extract sugar and starch from the grains. We don't use pre-processed extracts where *ibubuhos mo na lang yung* hot water, *timplado na*.

**MARCO:** It's kind of like comparing powdered juice to fresh juice. It's more cost-efficient if it's powdered *kasi* it's cheaper, but it's not fresh.

### TAP VS. BOTTLES

**MARC:** With commercial beer, tap is better because the turnover is faster, so they put in less preservatives in the kegs. But for craft beers, we don't use preservatives in either the bottles or kegs.

**JOEY:** The same beer goes into kegs and bottles. We recommend tap, but most people still prefer bottles. If you have to store bottles, we recommend a shelflife of six months—you could go over but it gets mellow and becomes less hoppy, and you don't want that.

### FIRST TIMERS

**MARCO:** Most of us, *kami* as well—*sanay sa* San Miguel or San Mig Light. Same thing sa US, there's Budweiser, Miller, or Coors. Craft beers in comparison would have a fuller flavor, some people would say *mas mapait*, but also fruitier and aromatic.

### HOW TO SPOT CRAFT BEER FROM COMMERCIAL

#### Classification

Beers are either ales (yeast fermented at warmer temperatures) or lagers (fermented at cooler temp). Most commercial beers are lagers, and most craft beers are ales.

#### Ingredients

All beers are malt (sweet), hops (bitter), yeast (to ferment the malt), and water. Most commercial lagers use extracts (for consistency and efficiency) and preservatives (for shelf life). Craft beers are made by extracting flavors from scratch ingredients, no preservatives are added.

#### Mouth feel

In your mouth, it's easier to identify: lagers are crisp, clean, and they go down smoother—these are the light beers and pale pilsens that you're used to. Ales are more complex-tasting: full-bodied, fruity, and bitter.

#### Aroma

Where lager has a default piss-y yeast smell, ale yeast is sweeter-smelling, and generally *mas mabango*.

34TH PURSUIT  
IPA  
ABV: 6.8%  
IBU: 70

FISH  
RIDERPALE  
ALE  
ABV: 5%  
IBU: 35

SIERRA MADRE  
WHEAT ALE  
ABV: 5%  
IBU: 18

## BREWERY: CRAFTPOINT BREWING CO.

**OWNERS:** Aldous Bernardo, Chip, Vega, Marvin Moreno

### NOT FILTERING BEERS

**ALDOUS:** Locally, majority of the brewers don't filter. We don't do it *kasi*, when you filter, there's a chance flavor diminishes. Why go through a process that gets you a clean-looking bottle if you're getting less flavor? For us, flavor comes before appearance.

### ADVENTURES IN BREWING

**CHIP:** We started around 2010, *sa bahay nina* Marvin. None of us have any formal beer education. Closest would be Aldous, who's a chemist, and what he handles—*talagang inaral niya*.

**ALDOUS:** I've always been excited about fermentation. I tried fermenting an orange softdrink brand. *Ang sagwa. Lasang suka. Pag nag-go-grocery ako, yung starches or sugars sa noodles, iniisip ko, ano kaya kung gawin kong beer ito?* With beer *kasi* the sugar used is malt. So *kunware, pano kaya kung gagamit ka ng puro sugar—or gagamit ka ng kamote siguro? Kamote na beer, meron bang ganun?* We like to bend the rules.

### MOVING UP AND OUT

**CHIP:** I think we're the second oldest to go commercial here in Manila after Katipunan Craft. There are a lot of home brewers who were already selling but not actively marketing it as craft beers. And then around 2013 or 2014, craft breweries started popping up here in Manila.

Wheat ales can be a good introductory beer for people who don't like bitter.  
—MARCO (JOE'S BREW)

#### ABV: Alcohol by Volume

Standard measure of alcohol in a given volume. Can go as high up as 96% in rectified spirits. Beers rack up 2% to 12% but are usually just 4% to 6%.

### INDIA PALE ALES ACCORDING TO CRAFTPOINT

Originally, when the British set up a colony in India, they would send beer barrels in ships. The problem is, pasteurization didn't exist back then, and the voyage was long and hot so beer spoiled. Then they discovered that beer with high alcohol and high quantity of hops survive the journey to India. Hence the name: India Pale Ale (IPA).

HOPNOSIS  
ABV: 7%  
IBU: 100+

SUMMER  
SESSIONS  
ABV: 4.3%  
IBU: 18

LIBERATION  
PALE ALE  
ABV: 5.5%  
IBU: 30

Blonde are the least bitter of all the craft beers. It's fruity, and I believe the word is 'sessionable.' *Ito yung pang mahaba-habang inuman.*  
—CHIP (CRAFTPOINT)

Pale ales are a good beer for someone who's tasting craft beers for the first time. It's not as bitter as IPAs, and it's not so fruity.

— KIYO (KATIPUNAN)

## SUGGESTIONS FOR CHUGGING CRAFT ACCORDING TO KATIPUNAN

### Chill, don't ice

"It waters it down and numbs your taste buds so you can't taste the beer."

### Pour into a glass

"Just to get the aroma out. That's the good thing about craft beer, it smells better."

### IBU: International Bitterness Unit scale

Bitterness levels based on alpha acids from hops (as opposed to actual bitterness—varies with the drinker). Higher IBUs mean heavily hopped and *mas mapait*. Common beer IBUs are at 20 to 45.



**DEAR, FRED**  
ABV: 4%  
IBU: 18



**WEIZENBERG**  
ABV: 3.7%  
IBU: 11



**INDIO PALE ALE**  
ABV: 4.8%  
IBU: 18



**LAGUD**  
ABV: 5.4%  
IBU: 16.5



**PUGAW**  
ABV: 5%  
IBU: 40



**MESSAGE IN A BOTTLE BLACK IPA**  
ABV: 7.6%  
IBU: 65.8

Right now, IPA is the more popular beer style locally. When people think craft beers they think IPA. People tend to look for bitter and hoppier brews as they progress.

— JOEY (JOE'S BREW)

## BASIC BEER AND FOOD PAIRING ACCORDING TO ALEC TEMPONGKO OF PERFECT PINT GASTROPUB

### COMPLEMENTING FLAVORS / LIKE

#### LIGHT BEERS

"Light-colored beers like lagers and weizens are comparable with white wine. It goes well with salads and seafood."

#### DARK BEERS

"IPAs go well with complex food like curries or buffalo wings. Even if the alcohol content is at 8%, if you drink it with the right food, you can handle it."

### CONTRASTING FLAVORS / OPPOSITE

"With light beer it's easier to pair complementary flavors because it fits. Contrasting flavors usually work better with dark beers."

"Hip of bacon, for example, which is salty and deep-fried, is a good contrast to dark lagers. The bacon cuts through the fat and saltiness. Whereas salads, *lalo kang mapapaitan*."

## BREWERY: KATIPUNAN CRAFT ALES

**OWNERS:** Miguel Buling, Raffy Taruc, Kiyo Mura, Brett Lim

### KEEPING IT SIMPLE

**KIYO:** When we do a recipe for a new beer, we usually stick to the accepted style guideline, and tweak. It's not rigid, but we don't try to reinvent the wheel yet.

**MIGUEL:** It's a fairly new community, so we don't want to complicate things enough as it is.

**RAFFY:** When we started, *hindi naman* hard sell, *pero nahirapan kami*. We had to explain what craft beer is. Now it's not just a novelty na "*Uy, bagong beer!*" People know what craft beer is. They know what kinds they're looking for. There are even places that serve only craft beers. We wouldn't have imagined that when we started—which is only three years ago, so *ang bilis din*.

### WORK...

**KIYO:** People envision a Willy Wonka-type factory when you speak of owning a brewery, *pero* in truth it's 90-percent cleaning and 10-percent brewing. *Nag-ma-mop ka*, you're washing bottles, you're scrubbing pots...

**MIGUEL:** Because we're a microbrewery we're pretty hands on. We have one assistant who helps Raffy, that's it.

### ...AND PLAY

**KIYO:** We have a Weizen beer that we named Weizenberg, to reference Heisenberg from *Breaking Bad*.

## BREWERY: BAGUIO CRAFT BREWERY

**OWNERS:** Christopher Ordas, Alexander Basa, Ryan Garcia, Arnold Miguel, Francis Blanco, Edmark Bustos, Orly Jr. Tenorio

### SPIKING AND SPICING

**FRANCIS:** That's the beauty of craft beer—there's no limit, so to speak, in terms of the flavor you want to create. It's just like cooking. We do add some spices and fruits to come up with different beer varieties. We have a beer called Falling Rocks brewed with local ube. We've also use sundried Sagada orange peel in our beer Hop Attack.

### GO BIG AND GO HOME

**FRANCIS:** All brewing processes aims to maintain a certain range in temperature to ferment and mature the beer, so there's no difference in terms of tastes and flavor between beer brewed in Baguio versus Manila. Baguio City just happens to be a place we love, and where most of our group hail from. We have a total of 32 beer varieties; 16 of them are always available on tap. We do distribute in Metro Manila, but we recommend drinking them from tap at our Tasting Room in Baguio.

### THE BEST BITS ABOUT DRINKING CRAFT

**FRANCIS:** Even if the beer is no longer as cold, the flavor and taste are the same. This is because we don't use preservatives and stabilizers in brewing. Our goal is not to convert people into drinking purely craft beer—we're more about creating choices and options. We always say, let the beer speak for itself.

## The FHM man test

This month's challenger...

# RAYVER CRUZ

His sick moves and appeal got him to date some of *FHM*'s sexiest cover girls. But does Rayver have enough groove to ace The Test? Let's see...

**What's the worst thing you were teased about as a kid?**

Lampa kasi ako before eh. Hindi ako ma-sports na tao dati. Wala akong hilig sa basketball o anuman. Kaya nung tumanda ako nang konti, naisip kong i-push talaga yung sarili ko para magkaroon ng more active lifestyle para hindi ako lumaking lampa.

Man ☒ Not man ☐

**If the world were to end tomorrow, what would your last meal be?**

Pizza and pasta, pepperoni pizza para classic.

Man ☒ Not man ☐

**Have you ever farted openly in public?**

Oo naman! Pero yung patay malisya lang. Pero kapag sinabi nilang, "Sino yun?" makikisabay ka na lang din, "Oo nga! Sino kaya yun?"

Man ☒ Not man ☐

**What's the name of the coolest pet you've ever had?**

Ngayon pa lang ako nagkaroon ng pet eh. Bela yung pangalan niya. English bulldog siya. Ang taba nga nun eh, ha ha!

Man ☒ Not man ☐

**Have you ever worn your briefs on top of your pants and pretended to be a superhero?**

Nung bata ako, at puting brief pa yun, ha ha!

Man ☒ Not man ☐

**What's the longest you've gone without wearing deodorant?**

Two days? Okay pa naman siya. Nakalimutan ko kasi siya dahil nag-out-of-town ako. Bumili naman ako kaagad nung nagkaroon ako ng chance, ha ha!

Man ☒ Not man ☐

**Have you ever sniffed used underwear?**

Oo, nung bata ako. Hindi ko i-de-deny. Kasi siyempre, curious ka rin sa amoy ng sarili mong underwear eh.

Man ☒ Not man ☐

**Which fictional villain scares you the most?**

Si Freddy Krueger. Nung bata ako, takot na takot ako sa kanya pero ever since lumabas yung action movie nila kasama ni Jason (Freddy vs. Jason), natuwa na lang ako sa fight scenes nila. Ang angas! Ha ha!

Man ☒ Not man ☐

**What's the title of the weirdest porno you've watched?**

Hindi ko alam kung ano yung title pero yun yung parang Crouching Tiger, Hidden Dragon. Sobrang weird nun, pare. Natuwa ako eh, hindi ako na-arouse, ha ha! Fight scene talaga siya eh pero cool!

Man ☒ Not man ☐

**Would you ever carry your girlfriend's purse at the mall if she asked you to?**

No. Shopping bags p'wede pa, pero purse or bag? Sobra na siguro yun.

Man ☐ Not man ☒

**Which romantic comedy makes you feel giddy inside?**

One More Chance ako eh. Bea and John Lloyd yun eh. Minsan napapanood ko pa rin sa TV, ang solid pa rin.

Man ☒ Not man ☐

**If you could blow up one thing, what would it be?**

Parang wala naman akong gustong pasabugin pero mahilig akong magpasabog sa banyo. Counted ba yun?

Man ☒ Not man ☐

**Have you ever had blood on your hands that was not yours?**

Parang wala pa yata...

Man ☐ Not man ☒

**Have you ever taken secret selfies?**

Oo naman! Kung kailangan kong i-check yung itsura ko, minsan kinukuhanan ko talaga mukha ko.

Man ☒ Not man ☐

**Can you name one high-ranking *FHM* woman you've had an unforgettable experience with?**

Siyempre, si Cristine Reyes. Naging kami eh. Tsaka unforgettable experience naman siguro yung relationship namin.

Man ☒ Not man ☐



**13/15**

.....  
*Watching porno for  
the action scenes?  
We say, doubly manly!*  
.....

**THE MAN TEST  
LEADERBOARD**

|               |       |
|---------------|-------|
| Sef Cadayona  | 15/15 |
| Dan Villegas  | 14/15 |
| Rayver Cruz   | 13/15 |
| Boy2 Quizon   | 13/15 |
| Jose Manalo   | 13/15 |
| Ranidel       |       |
| De Ocampo     | 13/15 |
| Chito Miranda | 13/15 |
| Loonie        | 12/15 |
| RA Rivera     | 12/15 |
| Gloc-9        | 12/15 |
| Medwin Marfil | 12/15 |
| Brandon Vera  | 11/15 |





# SEEN THIS BEFORE?

**Erica Nagashima drops  
by for another day to  
remember**



Photography: **Rey Trajano**

Interview: **Chad Rosario**

Makeup: **Lucky Sin**



**M**uch has been said and written about Japan: the wonderful people, the array of gastronomic delights, the richness of its history, and, yes, its awesome technology. From stylish cars to wondrous places—name it, they have it. It's no surprise a lot of us are drawn to its charm. And its women, if we're to be honest! But just when you think you've seen everything, here comes Erica Nagashima. True, ogling her photos isn't exactly like watching cherry blossoms in spring. It's even better!

**Welcome back! This is the second time you've posed for FHM. What has changed so far?**

I've finally moved to Los Angeles and have been really enjoying expanding my modeling career. I've been busy traveling a lot and trying to build my

singing career, too. Stepping up my YouTube game as well!

**We heard you've been crowned Miss Super Street 2015? How does it feel?**

It feels so amazing! I am so lucky to have amazing fans. There haven't been any real crazy fans—luckily, they're all really sweet. But I've definitely gotten a lot of wedding and prom invitations since, ha ha!

**Aside from romantic proposals, what's the sweetest thing a guy can do for you?**

Breakfast in bed or a really long back massage every day.

**We realized you brought a lot of sexy lingerie to the shoot. You must own a lot right?**

When you shoot as much as I do, you've got to have a huge wardrobe. Outfits get boring really quick! What I like most about modeling is creating beautiful images and working with new and exciting people. There is so much creativity in the world of modeling.

**Are you as confident in the bedroom as you are posing in front of the camera wearing them?**

I'm usually thinking of how much I want to eat pizza when I'm posing in skimpy outfits so I don't think it really correlates, ha ha!

**We hope you don't mind us asking: Have you been mistaken for Sasha Grey before? We can really see the resemblance.**


I get that all the time! I hate it. I personally don't find her very attractive so it makes me sad.

**On that topic, her Japanese counterpart, Maria Ozawa, just visited the Philippines. When can we expect to get a glimpse of you in Manila?**

That's a great question! I want to visit A.S.A.P.! I've been dying to explore the Philippines! Hopefully an opportunity arises soon and I can meet you all! Perhaps during the next Hot Import Nights? **FHM**



WE CURATE MUSIC.



**'I am so lucky to have amazing fans. There haven't been any real crazy fans—luckily, they're all really sweet. But I've definitely gotten a lot of wedding and prom invitations since, ha ha!'**

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# POCKET HITS



**Sharing small moments with Crizelda Roberts**

Photography: **Artu Nepumuceno**

Interview: **Ash Mahinay**

Styling: **Timmy Diagona** • Makeup: **Janina Dizon** • Hair: : **Donald Lapez**







## Our lazy day begins down South with the very petite Crizelda Roberts.

“Are you really 19?” was the question that seemed to be on everybody’s minds when she arrived for our shoot. We’re used to petite girls, but sometimes you get one with an unusual amount of cute-as-a-button appeal that you need to double check. She answered in the affirmative, and just like that, everything seemed totally fine...

### How did you get into modeling?

I was in a photo shoot tapos nakita ako ng kapatid ng friend ng mommy ko. Siya yung nag-recommend sa akin sa kakilala niyang manager, and then ayun na.

### Was it something you were always interested in?

Hindi naman, dati gusto ko lang talagang mag-photo shoot for fun.

### With a lot of selfies in between maybe?

Oo, pero nagsawa na rin ako sa pag-se-selfie, ha ha!

### Modeling is usually a tall girl’s game, and people always point out how short you are...

Bawi naman ako sa mukha. Joke, ha ha! Well, sabi ng mga tao cute daw ang mga petite in general... okay lang ang maliit if matangkad yung guy pero kung yung girl ang matangkad, mahirap maghanap ng boyfriend, ha ha!

### Do smaller girls need more of a “man’s protection?”

Para sa akin hindi, pero depende rin yun sa babae kung matapang siya.

### What about you personally? Say someone is teasing you?

Inaalaska? Tatadyakan ko, ha ha! Sa private parts! Actually, ang

dami ko ng mga guys na napaiyak kasi aksidente kong nasampal—kahit joke-joke lang. Parang may friend ako and inaasar niya ako so sinampal ko tapos naiyak siya! He’s a guy.

### A real guy?

Oo, ha ha! Mahilig akong manampal pag inaasar ako eh...or ‘pag niloloko ako.

### That sounds like a hugot line.

Ginago na ako, may experience ako na ganun. Actually, kakagaling ko lang sa four-year relationship. Niloko niya ako. Nag-aaway kami ‘pag nalalaman kong may ibang babae siya tapos dadalaw pa rin siya sa bahay namin. Ang lala naman kasi ng ginawa niya.

### Now that you’re free, what keeps you occupied?

Twitter, ha ha! Hindi ako pala-labas na tao pero gusto kong mag-road trip at food trip. Di ako mahilig sa party-party.

### Do you, by any chance, drive on these trips?

Hindi, hanggang passenger lang, ha ha!

### That means you can “distract” the driver then.

Oo, nagawa ko na yun. Parang nung pauwi na, ha ha! Then minsan chill-chill lang sa loob ng car tapos yun...

### Ever received any jokes about being the perfect height for a guy’s crotch?

Hindi naman, ha ha!

### Could modeling be your career?

Hindi, ‘pag nag-model kasi ako baka hindi ako makapagtapos. Gusto ko muna tapusin ang course ko—Media Productions ako, gusto kong maging photographer.

### Shooting girls?

Places! Mas gusto ko yun kaysa tao. Or mag-shoot ng furniture.

### Any place you’d like to shoot in particular?

Greece or Paris! And then mag-shopping, ha ha! If may kasama ako, romantic dapat. Medyo cheesy ako, kaya gusto ko rin yung cheesy guys. Sila dapat nagsasabi ng “I miss you,” ha ha! Proud din dapat siya, like habang naglalakad kami dapat proud siya na ako ang girlfriend niya. Akbayan niya ako or mag-holding hands. May ibang guys na ayaw hawakan ang hand ng girlfriend sa harap ng maraming tao, or kunin yung bag. Sa mga na-date ko, sila dapat palagi yung naghahawak ng bag ko!

### Tallest bag stand you’ve dated?

Friendly date? Or landian date?

### Landian.

Mga 5’10”, ha ha!

### Are landian dates your thing lately?

Isang guy lang yun, ha ha! Friendly dates lang ako before that! **FHM**



Well, *sabi*  
ng mga tao  
cute raw ang  
mga petite in  
general...okay  
lang ang maliit  
if matangkad  
yung guy pero  
kung yung girl  
ang matangkad,  
mahirap  
maghanap ng  
boyfriend



# *Where the* *~~~~~* **MAGIC** **HAPPENS**

*~~~~~*  
**MODEL RACQZ TAKES  
US TO THE KITCHEN  
FOR SOMETHING HOT  
AND STEAMY**

*~~~~~*  
Photography: **Shaira Luna of At East | Jed Root**   Interview: **Pong Castillo**

Styling: **Debra Bernales** • Makeup: **Iya Yujuico** • Hair: **: Rhoy Cervantes for L'Oreal Professionnel**







**R**acqz was quite a challenge to figure out in our first meeting, much like how challenging it is to spell out her name (that's simply read as "Racks," by the way). But don't we all like a little mystery in women? She was quite shy and soft-spoken, which tested our skills in small talk, all the more making us want to know her better. After much convincing and *pagpapa-cute*, we got her attention and learned from our chat that her nerves were getting the best of her in during the shoot, but she's glad we put her in the one corner of the house she's a boss at: the kitchen. Can you smell what she's cooking?

**A few things surprised us today: first, your shyness, and second, your hidden talent in doing this.**

Ha ha! It's actually my first sexy shoot, and I was not so comfortable at first *kaya tahimik lang ako*. I didn't mean to seem snobbish, though.

**Were you having second thoughts doing it about going through with it?**

I was raised in a conservative household. My mother used to make me wear pajamas at home, very covered. I didn't know how it would turn out, I was warming myself up.

**Did you set any personal limitations?**

I am very comfortable with my skin and my exotic features—my dad is half-Indian, half-Jordanian Jew, and my mother is Filipina—so it didn't bother me to show those off. I think those are my assets.

**That explains your foreign features. Do you think that affects how people initially perceive you?**

Oh yeah, definitely. I am not sure why, but it seems that I intimidate

a lot of people. *Hindi ako palangiti*, but that doesn't mean I'm *masungit*. I actually like rock music and going on adventures.

**This shoot would be another adventure ticked off then?**

*Iniisip ko na lang na dalawa lang kami ni Shaira [Luna, photographer].* Plus it helped that you guys put me in a kitchen because I'm really into cooking.

**Would things have gone differently if we shot it, say, in the bedroom?**

*Mas kakabahan ako dun*, pero that's another side of me that might surprise you, ha ha!

**Any specialty dish your family and friends know you for?**

I and Indian cuisines are my specialty. I like serving my man curry. Luckily, men like my cooking so far. *Nagugulat sila kasi wala raw sa itsura ko na marunong at masarap akong magluto*, ha ha!

**Do you believe it's a deal breaker when a woman doesn't know how to cook?**

It's important. Men like to eat, you know. *Mahilig at malakas silang kumain. Mahilig yang magutom, baka mamaya maghanap yan ng ibang putahe*, ha ha!

**So are chefs/foodies your type of men?**

I'd prefer *na hindi marunong o magaling magluto yung guy para hindi malait ang cooking ko*, ha ha!

**What would catch your attention then?**

I like brainy guys...geeks. I don't go for handsome men. I don't mind if he's ordinary-looking, *basta* responsible, gentleman, and *matalino*. You can tell me about your hobbies, but you can go as far as talking history with me.

**Was it difficult growing up in a household of different cultures?**

It was kind of boring growing up, *kasi* very sheltered. *Bawal kaming lumabas, bawal madumihan*—my first scars came from when I was already 16, I fell off a jetski.

**Did modeling come as a challenge for you?**

I started ramp modeling, *tapos nag-shift ako* into different photo shoots. Right now, this is my dirty, little secret. Ha ha! Surprise *na lang sa* family and friends ko!

**Do you party and get wild now?**

Well, sometimes.

**And what surprised you most about the party scene?**

The way teenagers drink. Some are like bunch of idiots, seriously. Ha ha! Then for my birthday, I went out with my friends and we did body shots! And since I was the celebrator, people pushed me to do it onstage. Someone licked salt off my neck\ and it was fun...*lalo na may alcohol ako sa katawan*, ha ha!

**Would you do it again?**

Definitely! It's fun! Being sheltered made me curious and more adventurous. I want to try everything at least once. **FHM**



**‘Thai and Indian cuisines are my specialty. I like serving my man curry. Luckily, men like my cooking so far. Nagugulat sila kasi wala raw sa itsura kong marunong at masarap akong magluto, ha ha!’**

FHM

# Style GUIDE

WHAT TO BUY AND HOW TO WEAR IT



## Seeing SPOTS

**Earn your stripes and get busy with the pattern game by keeping these three rules in mind**

Photography: **Filbert Kung**  
Styling: **Donna Cuna-Pita**  
Grooming, Hair and Makeup: **Cats del Rosario**  
of At East | **Jed Root** for Shu Uemura.  
Models: **Tola Orendain, Akoni, and Chayton Steinmann**  
Words: **Ash Mahinay**

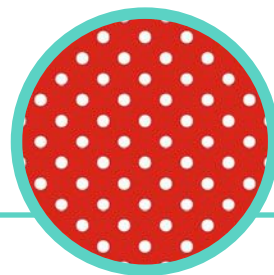
Shot in Mati, Davao Oriental. Special thanks to Mayor Carlo Luis Rabat and Sito Rabat.

### **The Starting Five**

Are stripes a pattern? Technically, yes, but no one refers to them as "striped pattern" shirts. Here are the five you should know...

#### **MINI-PATTERN**

Polka dots, sailboats, crocodiles—as long as it's in a teeny size, anything can be turned into a shirt design. Note that we did not say "good shirt design."



RULE

1

## THEY ARE A GOOD EXCUSE TO WEAR WEIRD COLORS

Mossy green? Blue and orange? Those would feel extremely challenging to color block with normal digs, but toss them into the pattern blender and suddenly it's not too hard.



▲ ON HIM: MOSS GREEN SHIRT, THREAD 360, P995. CUT OFF SHORTS, MODEL'S OWN. DOG TAG NECKLACE, SM ACCESSORIES, P180. ON HER: CROPPED TOP, OUTKAST PARADIGM AT BRICK&MORTAR, P600. CUT-OFF DENIM SHORTS, FOREVER 21, P450.

► ON HIM: PRINTED PULLOVER, P1,150, AND GREEN JOGGER PANTS, P1,650, BOTH FROM OUTKAST PARADIGM AT BRICK&MORTAR. LEATHER STRAP WATCH, TIMEX, ABOUT P4,000. HAT, SM ACCESSORIES, P280. ON HER: PRINTED MAILOTT, WEAR SUNDAE, P1,950. DENIM SHORTS, FOREVER 21, P450. POLKA DOT WATCH, TIMEX, ABOUT P3,000.



### FLORAL

Modern florals are not just composed of flowers anymore, but have expanded to include other parts of plants like leaves and stems.



### CAMOUFLAGE

Did you know it works more by breaking up your silhouette rather than seamlessly blending into the scenery? Now you do.



### TIGER STRIPE

Actually a subset of camouflage, as seen on:

- Jungle uniforms
- Actual tigers
- Garfield



### AZTEC

Alternate names:

- Native American print
- "That hipster pattern"





RULE

2

# DON'T GO PATTERN ON PATTERN

It's too dangerous, man! In fact, going shirtless is preferable to looking like a closet explosion. It could work if you go with something minimal plus something wild, but are you really out of anything plain to wear?

DENIM LONG SLEEVES, ZARA MAN, P3,500. PRINTED JOGGER PANTS, OUTKAST PARADIGM AT BRICK&MORTAR, P1,650. LEATHER STRAP WATCH, TIMEX, ABOUT P4,000. AVIATOR SHADES, RAYBAN, P6,500.



Your New  
Party Shirts

H&M shirt, P1,490 • Lyle & Scott Clam Camo Polo Shirt, P3,290 • Zalora River Island Blurred Floral Print, P1,791



Vans Old Skool, P3,298, Vans Authentic P2,798



Bucketfoot Geo Lace Up, P2,400 • Sanuk Casa Funk Tigerbolt, P2,990 • Bucketfoot Kinetics, P2,800 • Supra Hammer Run Brush Stroke, P3,990



Hershel  
Settlement  
Backpack  
P3,490



Hershel  
Little America,  
P5,990



Lyle & Scott Micro Split Square Woven, P3,790

## RULE 3

# EXPERIMENT WITH YOUR FEET

If you want to try something especially crazy on the eyes, the best place to do it is down there. Wild kicks are generally well-accepted. Wild geometric pattern shirt? Not so much.



## Your New Party Shorts



Uniqlo Chino Short, P1,290 • Volcom Boardshorts

## Stealth Patterning Opportunities



Winston Bumblebee  
P4,490 • Wizard Denim  
Polkadot P3,790 • Wizard  
Tropicalia P3,790 • Wizard  
Flemish Baroque P3,790;  
all Komono

style

# LONG HAIR



BLAZER AND PRINTS, ZARA



# DON'T CARE

**Should you let it**  
**all hang out?**

Words: **Ash Mahinay**  
Photography: **Jack Alindahao**  
Styling: **Ton Lao**  
Makeup: **Iya Yujuico**  
Hairstyling: **Rhoy Cervantes**  
for L'Oreal Professionnel  
Models: **Kirst Viray, Joshua Neale, and Juliana Urbina**

Shot on location at  
Green Sun, 2285 Don Chino Rocas Ave. Extension,  
Magallanes, Makati



## MANY AGREE THAT MAN BUNS ARE ON THE WAY OUT,

so what's a hair-tying guy to do? If you've got a mini-bun then it's probably no big deal to chop it off and move on; having a full mane locked up in there is a different thing though—that's a whole lot more commitment and hard work that you'd be throwing away. Should you let your hair grow wild and free instead of being just another crisply coiffed shorthaired dude? We look at the pros and cons...

▲  
SHIRT, P2,650, SPRINGFIELD

▶  
POLO, P3,950, PENGUIN

GIRL: TOP AND SHORTS, BERSHKA



## STEREOTYPES



### LONG HAIR

1

Artist

2

Musician

3

Graphic Designer

4

Bum

5

*Rakista*

6

*Beki*



### SHORT HAIR

1

Businessman

2

Student

3

Soldier

4

Felipe & Sons  
Regular

5

Corporate

6

*Pari/sakristan*



POLO, P3,990, PENGUIN;  
VEST, P2,250, BERSHKA;  
PANTS, P 1,990, BERSHKA;  
SHOES, P6,590,  
DOC MARTHENS

## PROS & CONS

### LONG HAIR

- |                                                               |                                           |                                                      |
|---------------------------------------------------------------|-------------------------------------------|------------------------------------------------------|
| <b>1</b><br>Higher<br>shampoo<br>budget                       | <b>3</b><br>Rebel vibe                    | <b>6</b><br>Wind is the<br>enemy                     |
| <b>2</b><br>Girls love<br>to run their<br>hands<br>through it | <b>4</b><br>Bugs can live<br>in your hair | <b>7</b><br>You can use<br>a variety of<br>hair ties |
|                                                               | <b>5</b><br>Split ends                    |                                                      |

### SHORT HAIR

- |                                             |                                          |                                             |
|---------------------------------------------|------------------------------------------|---------------------------------------------|
| <b>1</b><br><i>Presko</i>                   | <b>3</b><br>Conformist                   | <b>5</b><br>Wax routine<br>every<br>morning |
| <b>2</b><br>Doesn't go<br>into your<br>food | <b>4</b><br>More<br>frequent<br>haircuts | <b>6</b><br>Dress-code<br>friendly          |

# PASSION PIT

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**Update your ball-busting kit before football season kicks off once more**

Photography: **HEIDI AQUENDE**

**www.sparta.ph**

**This all-new model locks you in with a TechFit collar for a super snug wear. It also keeps them turf pebbles out-bliss!**

**New Balance Jacket**  
**P5,195**

Classy ballers use jackets as pre-game coverups. But we'd be tempted to use this lightweight number after as well.

**Nike Flyknit Race**  
**P7,995**

*Tsinelas* is the MVP for walking to the pitch, but breathable knits come in a very, very close second.

**BE THE ENVY OF YOUR LIGA**

Basketball season is imminent as well, so make sure your rec team is up to par with a fully customized jersey from the Titan x LGR Design Studio.

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**P3,795**

They aren't joggers. Repeat: they aren't joggers. Wear them without fear.

**1 Nike Magista Obra**  
**P13,995**

**2 adidas Ace 15.2**  
**P5,495**

**3 K-Swiss Hypercourt Short**  
**P1,495**

**4 Nike Elite Socks**  
**P895**

**5 New Balance 530 Encap**  
**P4,495**

All Nike and New Balance items available at Planet Sports



## QUICKFIRE ROUND

**Hot chocolate or coffee?** Hot coffee *kasi* it boosts energy like chocolate, but won't make you fat. *May antioxidant pa!*

**Topping or filling?** Topping. It makes cakes look more exciting. Without it, the world would be boring!

**Eat in the dark or have sex in the dark?** *Mahirap yatang kumain sa dilim* so I'll go with option two.

**Give your number or get his number?** Get my number. I'm not into making the first move!

FHM AUGUST  
*Girlfriend*

# Chloe Grey

She holds the recipe for  
the finer things in life



RIA REGINO  
OF FAT CAT STUDIO



ALEX C. PAITA

STYLING:  
DEBRA BERNALES  
HAIR AND MAKEUP:  
AMANDA PADILLA  
OF AT EAST | JED ROOT

**M**ix one cup of money smarts, a dash of sweetness, and copious amounts of hotness and you get Chloe Grey—probably the hottest baker girl to appear in this spread (shout-out to other hot bakers there, make yourselves known!). When not flashing her come-hither smile at car shows, Chloe whips up cupcakes at home and peddles them to weary corporate workers looking to get their sugar fix. A very noble cause indeed—except she makes a serious living out of it. House-husband wannabes, meet your dream girl...

**You last appeared in *FHM* 10 years ago as one of our Girls Next Door. Do you realize that some of today's staffers were still in grade school then?**

Oh my! *Ang tagal na*. That was 2005. I was new to modeling then. *Sobrang kabado ako sa shoot na yun*. It was my first time to go sexy in front of a crowd! But I'm thankful because *dun nag-start yung career ko, kasi* after *nun nagkaroon ako ng* projects—print ads and car shows.

**But you were only visible for a short time after that. What happened?**

I finished school, then *nag-work muna sandali*. *Nag-start ako ng* business—cupcakes. I struck a deal with companies and distributed the goods. I also worked as an assistant sales manager at a real estate company. *Pero* easy money *din kasi sa* car shows *kaya* eventually I went back to modeling. I do both now—baking and modeling.

**The schedule must be crazy! How do you manage your time?**

I use a planner. *Sa isang araw sinusulat ko yung gagawin ko* tapos I stick to it *para matapos ko lahat*.

**About those cupcakes. What makes them special? And more important, did you bring samples for us?**

Ha ha! No, sorry! I always do two recipes, *tapos* I mix the best of both worlds. *Basta pinapasarap ko talaga siya*.



Had fun in the gym with my sister yesterday



Salesmanship training



Ang ine! #laiya #batangas



Today ☺

## 'GUSTO KO YUNG MAY SUBSTANCE, YUNG PAG NAGSALITA NAKAKA-IN LOVE TALAGA'

**Do you ever bake late at night, possibly in your sleepwear?**

I bake in the afternoon *para* ready to deliver the next day. I wear an apron and shorts. When you see me *sobrang dami kong flour sa katawan*. Messy *talaga*!

**How did you get into these things, by the way?**

Ha ha! Outgoing *kasi talaga ako*. Kung *magre-regular job ako*, *kakainin lang nun lahat ng oras ko*.

**Smart thinking. What's your biggest splurge so far?**

I was able to buy my own car and condo...

**Is there a guy who, well, helps you run the business?**

None at the moment. But I like *moreno* and smart guys. *Gusto ko yung may substance, yung pag nagsalita nakaka-in love talaga*. **FHM**



# HAVE YOU EVER BEEN *BASTED*?



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# UPGRADE

WIN AT LIFE

Who are the people in  
your neighborhood?

## ALWAYS HOOKED ZOMBIES

### Facebook

Everyone except  
North Koreans  
and the Chinese.

### YouTube

Vloggers, haters,  
gamers, pop-song  
mash-ups people,  
and the occasional  
musicphiles who  
don't know how to  
use Internet radio.

### Twitter

Kris Aquino and  
everyone else.

### Instagram

GPOY, wide-  
range of self-love  
vanities, #swag,  
and pictures of  
feet.

### Tumblr

Lesbians, cats,  
lesbians.

### Reddit

Web *chismis*.

### 4chan

Original Greentext  
gangstas

### Google+

Reserved for  
the small chunk  
of people who  
comment on  
YouTube. That's  
what's all this  
account is for  
anyway.

## ALWAYS HOOKED SEMI-PEOPLE

# the

# INTERNET

# mapped!

words:

**Khyne Palumar  
Chise Alcantara**

*Web  
nutrition  
and daily  
digestibles*

### Buzzfeed

Kim Kardashian's  
bum and  
other social  
commentaries in  
GIFs.

### 9GAG

LOL. ROTFL. Also  
responsible for  
reintroducing the  
word "gag" in our  
vocabulary.

Huffington Post  
"News".

### Listverse

Top 10 things that  
don't have sensible  
real-life application  
but we want to read  
about anyway (10  
places in the world  
where you can  
take a radium bath,  
anyone?).

### Wikipedia

Lots of dedicated  
trollers have made  
it their life's mission  
to wrong most of  
the information on  
the website. That  
doesn't discourage  
you from believing  
everything in it  
though.

### FHM.com.ph

Kalokohan. Pop  
culture. Geek  
Stuff. Bewbs.  
What, you didn't  
think we'd forget  
to put this here,  
did you?



*Speak Internet-ese*

#### Flamer

People who start arguments on threads and topics.

#### Friendscaping

Unfriending unworthy contacts from your social media account.

#### Derp

Looking stupid and/or droopily lazy.



#### Kek

Originally the direct translation of lol (laughing out loud) for a class in *World of Warcraft* but is slowly making its way to the world of memes.

#### CAPSLOCK Rage

Typing in capital letters to convey your anger through your computer screen.

#### Rekt

Usually used in gaming, when a player gets totally destroyed by his enemies. (See: owned, wrecked)

#### Tilt

Usually after reaching the point of capslock rage, people go into tilt. They let their emotions get the better of them which leads to them not functioning well until they calm down.

#### GGWP

Good game, well-played. Usually said after playing a competitive game with other people.

Take a few moments off your screen and look at the “Interwebz” from this paper-spread view. Here’s catching up with what your kid nephews already know...



*LIKE!*

Things that are doing it for everyone...



#### CLICKBAIT 101!

Click on the links for your daily dose of bullshit!

1. Which celeb crush do you have no chance of marrying?
2. These powerful photos will touch your heart and move your bowels
3. Songs that you grew up on and will probably be playing on your funeral
4. Most iconic moments in history that changed absolutely nothing
5. Ways to get something done with the least amount of effort

#### Cats

Meme cats with bad grammar. GIFs of actual cats doing regular cat stuff. Insightful and smartass sites like *felinesofnewyork*. Yes, feline domination isn't letting up soon.

#### Doge

But not to be outdone are dogs. Not dog dogs, Doge dog—canines with spastic internal dialogue. Yes, it's a meme. The real Doge dog is a Shiba Inu named Kabosu, and yes, it is that derp in real life.



#### Blogs

Huffington Post—part news, part blog, leads in average monthly visitors with 110 million views. Also, let's not forget, *humansofnewyork* started as, and still is, a photo blog.



#### Foodporn

In 2014, the most followed and anticipated food blog page was The Kitchn. But really, just look around your Facebook and Instagram feeds. It's a food porn paradise!

#### Japan

Most of the Internet community looks at weaboos (non-asians who like animé) as the stereotypical no-lifers who reside in their mothers' basement while making love regularly to their *dakimakuras* (love pillows).

#### Women's butts and what they do with them

Also referred to as Miley Cyrus's twerking and Kim Kardashian's... well, just those cheeks.

**IT'S TIME FOR MEMES!**  
AKA pop culture in a picture

**ENTRY LEVEL**

**9Gag memes:**



**Series/  
specific  
pop culture  
memes**



**Movement/  
Propaganda**



**Dank  
Maymays**

**WEIRD AND  
DISTURBING**



*The sweaty  
armpits of  
the interwebz*



**Beautiful Agony**

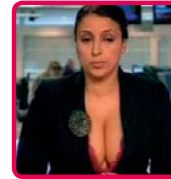
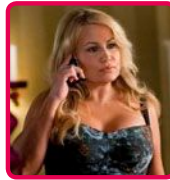
Videos of peoples' O-faces

**Naked news /sexy  
gameshow**

Newsreaders reading news while getting naked and Japanese men getting jerked off while singing karaoke

**Erotic audio e-books**

50-year-old *tita* virgins read out erotica in their sexiest voices via Podcast



**TRIGGER ALERT!  
LOOK AWAY NOW!**

**Crushing**

Awful fetish involving crushing little animals for sexual arousal. It's important you know what it's called so you know when to pass/leave the page.

**Fattening**

Involves feeding the "model" copious amounts of food for him or her to get obese. Story of your life?

**PICKUP PLACES**

**Tinder**

People who swiped right to you

**Omegle**

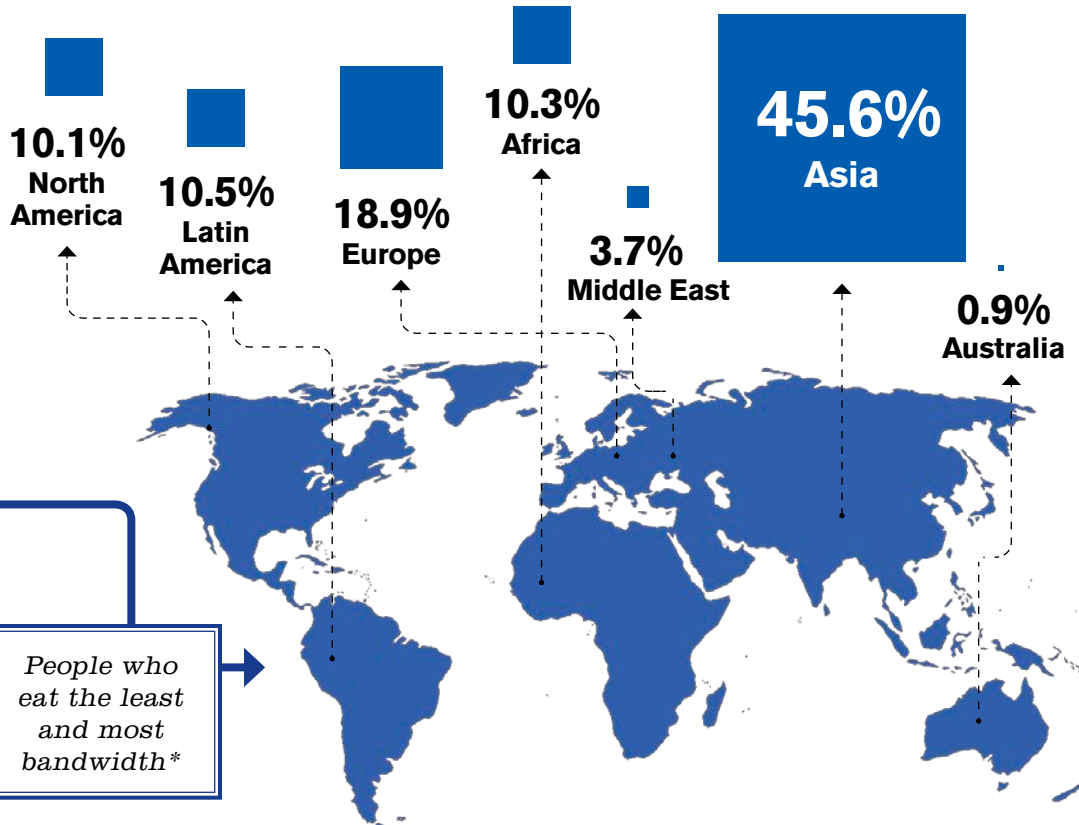
Bots and the occasional girls that are actually guys

**Grindr**

Professional sword fighters



*People who  
eat the least  
and most  
bandwidth\**



\* As of December 31, 2014; internetworldstatistics.com



## HOW I DID IT

### New York Knicks' rehab coach lives life beyond mediocre

#### I doubted myself many times.

I'd ask myself, "Can I really do it? Should I even try?" Yet, I stayed true to myself and to the vision that I had when I was 18—standing in front of a basketball court, with 20,000 people clapping above my head. They might not be screaming my name, but I'm there in the center of it all. I would've been able to become a full-on athlete if I had the right mentor, education, or system around me as I was growing up and playing sports.

#### I learned how to be resilient and adaptable.

While doing community rehab in UP, I lived with families who obviously didn't have a lot of money. I stayed in Tala Leprosarium in Caloocan for two months and saw the plight of the people. Not only did I have to be resilient there, I also had to be empathic.

#### I was always willing to do anything and found ways to get the job done.

I always tell people, "You have no idea of the stuff I did back in the Philippines. You have no idea of the things I've seen. You have no idea of the things I had to do not just for my own comfort, but also in order to help people."

**Visualize your dream.** You have to know exactly where you are and where you want to be. If you can visualize everything—from the air-conditioning on your face, the breakfast you ate, the buzz of the crowd—then you know what your goal really is.

**Prepare the path that gets you there.** A lot of people dream, but they forget that dreams need work, too. Everybody thought that I was an overnight success, but it actually took me 20 years to get to where I am now.

#### CV ERWIN BENEDICT VALENCIA, 39

##### Currently:

- Team physical therapist and assistant athletic trainer, New York Knicks
- Founder, CEO, and Chief Intelligence Mover, KinetIQ
- Founder, The BeKinetIQ Foundation and The #BeyondMedyo Movement

##### Educated at:

- University of the Philippines-Manila, BS Physical Therapy
- Plymouth State University, Master's Degree in Athletic Training
- University of St. Augustine for Health Sciences, Doctor of Physical Therapy, Manipulative Therapy

##### Previously worked at:

- Major league rehabilitation coordinator,
- Pittsburgh Pirates
- Backup DJ, RX 93.1
- Backup VJ, Channel V and MTV Asia

*Money isn't my No. 1 goal in life. My goal is to do something significant—in essence, change the world. And everyone that has used that as their goal has gotten more money than they thought they would. Those who think that money is the No. 1 priority don't really get too far.*

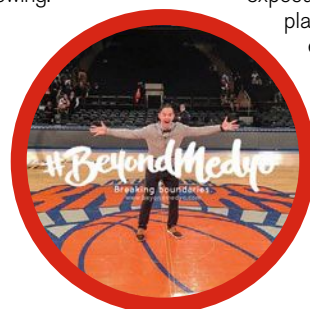
#### It's a challenge to stay professional in this industry.

It's difficult, especially if you're a fan, to not be a fan when you're supposed to be an authority in an athlete's life. There are some professionals who cross that line, and instead of being an authority and having objective ways to determine whether a certain player is fit to play or not, they tend to be more of a fan—they want to see their player on the court since it makes them happy, without thinking about the possible things that could occur.

**Know your limitations.** A lot of people go to the whole thing right away not knowing that they can actually do the little things first. Every victory comes in small steps. It's about making sure that you hit enough short-term goals that you can actually fulfill so that you won't get overwhelmed.

**There's always a possibility for our local players to make it to the NBA.** With the right coaching, skills development, and sports performance training, I think they can find their way to the NBA. The key is experience. I think they need more exposure—if the local

players have more exposure to better competition, then their chances of making it to the NBA will be higher.





# THE POWER IS YOURS

Battle the forces of nature (and brownout boredom) with the latest in geek tech

words: **Chise Alcantara**

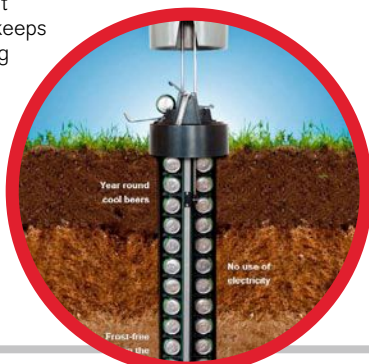
## 01

## BREWSKIE CHILLER

### eCool Beer Cooler

It's a machine that magically, or should we say scientifically, draws out cold cans of beer from the ground. This magical cooling technology has been around for quite some time now; it works like a typical root cellar. It keeps your food and drinks cold by using the natural coldness of the soil and comes with an awesome crank device thing that let's you bring up beer and replenish your stack, 24 cans to be exact. Awesome rainy *inuman* sessions to come, *mga pards!*

Score for: About P16,000 (\$369), [eng.ecool.dk](http://eng.ecool.dk)



## 02 WHAT BROWNOUT?

### Promate 240 Indoor Power Station

When the Promate 240 was revealed, the first thing we thought was, "Is this a generator or a really huge power bank?" The Promate 240 is probably the easiest generator we've ever got to use, with its literal plug-and-charge mechanics that can take in your phone, an electric fan, and even your car's battery. But despite its 24Ah lead sealed battery and 400 watts outlet, you can't expect this mini generator to run your home's centralized air-conditioning system. But you can always use it as a makeshift kettlebell when it finally runs out of juice in a couple of hours.

Score for: P9,999, [promate.com.ph](http://promate.com.ph)



# 03

## RECREATE ATOM ARAULLO MOMENTS!

### Go-Pro, Hero4 Session

The Go-Pro, Hero 4 Session is one of the smallest, most durable cameras in the market. Perfect for those 8mp fighting-against-the-element selfies and 1080p60 video I-feel-the-rain-on-my-skin music videos montages without fear of it being swept away. A number of handy mounts that'll be stable on almost any surface (though they are mostly sold separately). The coolest features so far? Night photo and night lapse it out!

Score for: About P18,000



# 04

## PALM TV

### Starmobile Knight Vision

Nothing's worse than a *pabitin* missed moment of television gold from a basketball game or your favorite *telenovela* on account of electricity fluctuations. The solution? This phone.

720 x 1280 pixels of HD in a 5.5 inch screen is plenty to sate your TV watching needs. With 24/7 coverage of your favorite local TV channels, you can relax with the thought that you'll never lag behind your favorite series.

Score for:

P9,990



# 05 LAMESA THERMOSTAT

## Zef Climatic Table

There's a lot of voodoo magic science stuff going on here so we won't try to explain everything. We'll just put it in terms we all can understand...it's a table that changes the temperature around you. It brings the temperature of the room as close to Tagaytay-like temperatures of 21.67 °C with its PCM (phase-changing material). It holds the excess heat of the room when the temperature is high and when the space gets too cold, it emits the stored heat it has to warm up the room—really environment-friendly and super convenient in a lot of scenarios.

Score for: Coming soon, [zef-design.tumblr.com](http://zef-design.tumblr.com)



## ALSO OUT! GRAM IT UP WITH THIS PHOTO PHONE

### OPPO R1x

We feel that the shorter and more obscure the name of the phone, the more badass people make it. As far as the R1x is concerned, this baby packs quite a punch with it's Octa-core processor for those ultra high quality photos—perfect for when you're going expert mode on those #ahrt selfies.

Score for: P15,990



A NOOB'S GUIDE TO  
MAKING EVERYONE  
THINK YOU'RE A

# Whisky

## CONNOISSEUR

Stop ordering those girly cocktails and  
turn up the class with a real drink



Men love to drink. It's literally in our blood (or we eventually put it there), but aside from typical beer during *inuman* sessions, fancy-ass wine during weddings, and the go-to convenience store hard drinks, few men have actually ventured into learning the intricacies of the finer drinks—for example, whisky. Believe it or not, whisky drinking isn't as simple as a crude *tagay* and swirl *sabay singhot*. It's an art form, a craft only a few have mastered. This is why we got you guys these tips from the whisky connoisseur and general manager of Diageo Philippines, Jon Good, who allowed us to sample premium Johnnie Walkers. For the times you have to step up your drinking game to impress that sexy lady at the bar—at least hours before you get pissed drunk...

WORDS:  
**CHISE ALCANTARA**

ILLUSTRATIONS:  
**CARLO MAALA**

### Starting things

#### Spicy



RED LABEL

**Mix:** The Perfect Serve. Sprite and a hint of *calamansi* go a long way to tame this spicy, energetic expression.

**Recipient:** The whisky virgin. This zesty drink will have just the right amount of tingle and *tama* for your not-so-experienced date. Time to show her a whole new world.

**Tikas moves:** Whip out your bartender moves and make yourself and your date a batch of this ridiculously-easy-to-mix drink. Some flare will have her guessing what other tricks you have under your sleeve.

#### One in a thousand



BLUE LABEL

**Mix:** Blue Eggs and Ham? We think you'll be going a little bit ham with this out-of-the-box concoction. Egg whites + sugar + Blue Label + lemon squeeze = an expression that goes down smoother than a sexy jazz breakdown.

**Recipient:** A high-roller hottie with a masterful tongue. This girl knows what she likes, but can you afford it? A Blue Label is chosen by the Master Distiller. Out of 10,000 casks, he picks the best one and uses it for his own secret blend.

**Tikas moves:** Who needs *tikas* when you have cash (P7299 - P9000)? If you can afford a Blue Label we don't think you need help with your game.

### TIP #1



#### Add water!

As a general rule, whisky opens up when you add water to it. This opening up could mean slightly diffusing its strong character to bring out its hidden flavors. It also looks really sophisticated when you do, and actually makes you look like you know what you're doing.



## TIP #2



### Age doesn't matter

Well, that statement is actually wrong but what we really mean is a whisky stops aging once you bottle it. Therefore, that 100-year-old bottle that's been passed down from your great ancestors...yeah, that probably tastes like wood. Enjoy!

## the Favorite



### BLACK LABEL

**Mix:** On the rocks. Because you can't miss out on that sweet smokey taste this smooth whisky leaves as it slides down your throat.

**Recipient:** Your Safe Bet. This is best reserved when you're not sure what kind of woman you're dating. Her, um, personality really struck you. When in doubt, you can't go wrong with Black Label.

**Tikas moves:** Open up the smokey texture of the whisky by adding ice.

This whisky is meant to be served as cold as your ex's heart, so no need to be stingy. Just make sure you don't end up drinking whisky-flavored water.

## TIP #3



### There's whisky for everyone

Don't give up in trying to find the whisky that'll steal her heart. There are millions of different combinations for you to try and flavors to explore, and if you still fail after trying them all, at least she'll be drunk enough not to remember.

When it calls for Celebration!



### GOLD LABEL

**Mix:** Dark Chocolate. The bitterness from the chocolates blends perfectly with the sweet honey in the whisky, which makes for a delectable treat.

**Recipient:** The Birthday Girl. Or your bride. Or your wife on your anniversary. You usually bring out this big gun whenever you want to be extra sweet for your sweetie.

**Tikas moves:** Show off your pretentious tasting moves by nosing this sweet treat and adding some ice water to taste. Take a few sips of water (until your mouth is cold) and then take a sip of whisky. Let it roll on and under your tongue for about a minute. The whisky will slowly warm inside your mouth revealing hidden flavors only a true connoisseur, like yourself, could taste.

Ready to mingle!



### THE SINGLETON

**Mix:** With Dessert! Perfect with anything creamy because of its fruity flavors. This brew is perfect for people who have only tasted blends because of its mild, consistent taste.

**Recipient:** Miss Surprise Me. With the endless number of single malts available in the market, the Singleton is one of the most "approachable" ones with its easy-to-grasp flavor. Just the thing to entice a virgin palate into the world of single malts.

**Tikas moves:** Try baking a creamy dessert to go with this single malt to show off your househusband potential!

# 2015 Ford Mustang GT



# The American

## THE BIG QUESTIONS

### What's making all that noise?

There is a distinct lack of Ford logos on this car, but this is the 2015 Ford Mustang GT.

### But can it beat the humps of Manila?

We did not scrape anything even once! Great cabin visibility paired with its 1,915mm width (only 20cm wider than most compacts) also means you can park it without requiring *alalay* aside from its reverse camera.

### Cool. How much is a Mustang?

Aside from "what mileage does it get?"—which we'll deal with later—the answer to the No. 1 question about this V8-powered thoroughbred is: P2.999 million.

### I could do a lot with three million!

Yes, in fact, with that cash, you could also buy a real horse as an equally fun weekend ride. Hmm, this is probably a tough decision, so let us help you out.



## PRESENTING: 2015 Mustang GT vs Actual Horse

### Seating

Two in electronically adjustable seating comfort. You can have someone cram into the rear seats in a pinch but don't expect much legroom—or any, really.

### Controls

You can tell it to do things such as "Play music" thanks to the SYNC voice-activated system. You can also remote-start it and let the aircon cool it off if it's been under the sun.

### Horsepower

435hp and 542Nm of torque. All that grunt gets you from 0-60 in just 4.5 seconds.

Two in classic Western fashion; you can maybe drag someone behind you with a rope if needed.

Sometimes, if you tug hard enough on the reins, it will actually go where you want it to.

1hp and we don't know, but they work hard.

★ Mustang

★ Mustang

★ Mustang



Horse

# Dream

Ford's 2015 Mustang goes up against its old (old) predecessor—and wins

WORDS:  
ASH MAHINAY

| Suspension                                                                                                                                                                                            | Running gear                                                                     | Transmission                                                                                                                                                                                      | Sounds                                                                                                          | Fuel efficiency                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Mustang finally gets an independent-rear suspension. Its old solid axle had the rear wheels directly linked: so if the right hit a bump, it shook the left too. You can see why an IRS is better. | 19-inch aluminum wheels shod with 255mm wide high performance tires.             | The 6-speed Select Shift automatic tranny with paddle shifters lets you cruise at 100kmh at a barely working 1,500rpm. Or put it into Sport+ and watch that quickly rise to the 7,000rpm redline. | The 5.0 liter V8 transforms gas into noise porn, and this aural showcase is what truly separates men from boys. | 5km/L while driving with, uhm, extremely heavy shoes on. "Horrible!" you cry. But with more than twice the displacement of 1.8-2.0 liter engines that get 9-10km/L or so, is it really that bad? |
| Fully independent rear and front legs mean a horse can even climb stairs.                                                                                                                             | Big horses average six-inch wide horseshoes that come with additional good luck. | You prod the horse to make it trot, and you prod harder to make it run—gear changes come rather slowly.                                                                                           | Neighs and beefy farts, but the cloppity-clop of hooves is a pleasant sensation to the ears.                    | 1-2 percent of its body weight in hay, daily. They also like carrots.                                                                                                                            |
| ★ Horse                                                                                                                                                                                               | ★ Horse                                                                          | ★ Mustang                                                                                                                                                                                         | ★ Mustang                                                                                                       | ★ Horse                                                                                                                                                                                          |



# TRUE STORIES

Things don't always turn out your way...



ILLUSTRATION: GILBERT DAROY

## Mixed signals

One of the most frustrating times in my life was during a one-year relationship with my ex-girlfriend where I didn't get past second base all. So when she invited me to have dinner at her place to celebrate our anniversary, I prepared myself for one heck of a night. I bought two boxes of condoms and trimmed my pubic hair.

I arrived a bit early, when she was still showering. I told her I'd prepare the table while she got dressed. I could barely hide my excitement as I watched how her door slowly opened, revealing her in her...casual clothes? There she was in shorts and a T-shirt, while I stood by totally dressed to the nines, with a rose in my hand. I gave her a crooked smile and she laughed at me, asked me why I was so dressed up. I told her that I thought that we were having a "romantic dinner." That was when she looked at the table and told me, "Oh no, my parents are coming tonight. They missed you, that's why I invited you for dinner." I could already feel the sweat on my face. I felt like she knew what I had hoped for that night so we both laughed about it instead. She hugged and kissed me while saying, "Thanks for the flowers, honey. I love you."

**Troy, via Facebook**

## English only, please

It is prohibited to speak Tagalog in our school. We even have tags on our IDs saying: "Speak to me in English." I was the class president at the time and was assigned to list the names of students speaking in Tagalog. As someone who's not very fluent in

English, I was very lenient when it came to following the rules. During our lunch break, a group of students were shouting Tagalog words, so I scolded them, "Wag naman kayong maingay, di na nga ako naglilista ng nag-ta-Tagalog eh, pag narinig kayo ni Sir, ay naku!" After my speech, my friend

pointed behind me. That's when I realized that the teacher whom I was referring to was just standing behind me the whole time. He didn't say anything—and just assigned someone else the job.

**Fel, via Facebook**

## That's not a rock

When I was in elementary, we were always excited for PE class because we got to play outside the classroom. Environmentally conscious nuns ran our school: the quadrangle was very grassy and there were some animals too. One time, we went down for class and I saw a huge brown rocky formation on the grass. My classmates and I were curious about what it was. When we were on the basketball court, the teacher shouted for a water break. While the others were taking a break, I sneaked off and went back to investigate the brown thing some more. It looked hard at first so I poked it with my shoe—to my surprise, I quickly sunk into it. I heard a carabao noise far behind me, and this confirmed what I had stepped on. One of my classmates shouted at me, "Oy, ano na? Alam mo na kung ano yan?" I was so embarrassed. "Um... Oo. Putik lang na namuo. Medyo may amoy na nga eh." I ran to the court wiping my shoe on the grass. Unfortunately, I stank the whole day.

**Alice, via Facebook**

## TRUE Babe STORY



## Karen Amry

I was going to meet my boyfriend's parents for the first time at a bar their family owns. Of course there were free-flowing food and drinks, and I got drunk. We were at the second floor of the bar. I excused myself to the bathroom, which was at the first floor. Unfortunately, on my way down the stairs, I tripped and fell all the way from the first step. All the staff and security rushed to help me. I wouldn't have minded that I tripped and the attention shifted to me, only I was wearing a mini skirt and I'm sure everybody saw I was wearing a thong. I swear I just wanted to disappear, nakakahiya!

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Solenad 3 | SM City Naga | SM City Lipa | SM City Batangas | SM City Lucena | Robinsons Palawan • Visayas: Ayala Cebu | SM Northwing Cebu | District Northpoint | SM City Bacolod  
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